



**Guided Children's Hour of Adoration
Younger/Preschool Children
(Advent Theme Overview)**

Introduction

Exposition of the Eucharist - kneeling and Song: Come Adore

Opening Prayer

Focus on Jesus' true presence in the Eucharist in the Monstrance.

Repeat Line

Repeat Prayer

St. Francis and Nativity Story

St. Francis Praises

Repeat Line

Repeat Line

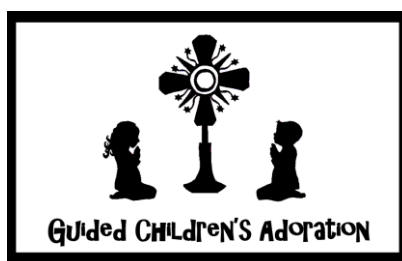
Prostration

Song: Away in a Manager

Closing Prayer

Benediction and Divine Praises

Reposition of Blessed Sacrament and Song: Holy God, We Praise Thy Name



Guided Eucharistic Adoration for Younger/Preschool Children Advent Theme

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[As we wait for the students to file in and get settled, play reflective music in the background to encourage silence and reflection.]

Leader:

Welcome the children to Eucharistic Adoration. Issue reminders as needed about Christ's true presence in the Eucharist, behavior expectations, posture, booklets only being held when needed, what to do in the silence, etc. See: *An Introduction for Children about Eucharistic Adoration* for suggestions.

We are now in the season of Advent. Today's adoration will give you time to think and grow in your love of Jesus as you get your heart ready for the coming of the infant Jesus at Christmas.

Be sure to remind the children where they should look and that Jesus, the Eucharist, the Blessed Sacrament is the white circle in the middle of the monstrance, the metal cross on the altar.

Kneelers down. Please kneel. Remember the kneelers stay down the whole time.

Take a moment to quiet yourself, to ready your mind and heart to spend time with our Lord. Take a few deep breathes and feel the Lord's peace fill you.

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: Come Adore
(Repeat song in sections. Use hymnal for words.)

[During the opening song, the Blessed Sacrament is placed on the altar. The presider then kneels before the altar. If altar servers are available, the priest/deacon incenses the Blessed Sacrament with three double swings during the song. ¹]

Priest/Deacon:

Opening Prayer:

Let us pray

After a brief pause for silent prayer, the presiding minister continues:

Lord our God,
in this great sacrament
we come into the presence of Jesus Christ, your Son,
born of the Virgin Mary
and crucified for our salvation.
May we who declare our faith in this fountain of love and mercy
drink from it the water of everlasting life.
We ask this through Christ our Lord.

All: Amen. ²

Leader:

Look at Jesus, hidden in the consecrated Host in the monstrance. . . . Greet Jesus and adore Him. (pause)

The hidden Jesus before us in the Host is the same Jesus we see as the Child in the Nativity crib. . . . This very minute, we are kneeling before the Son of God. . . . Take some time to close your eyes and feel Jesus' eyes, full of His Father's love, upon you. . . . Feel God's love pouring out to you from the Blessed Sacrament and filling your heart. (a minute of silence.)

Based on Pope John Paul II's 1994 Christmas Letter to the World's Children

Open your eyes. Blow Jesus a kiss.

Sit

¹ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

² No 224 Holy Communion & Worship of the Outside Mass
www.guidedchildrensadoration.com

Look at Jesus in the Blessed Host and repeat after me: Jesus, / I know you are here.

(Pause long enough so the children don't repeat after you any more.)

Still looking at Jesus, repeat after me: Jesus, / we thank you / for this special season of Advent. / What a wonderful time of year / this is to grow closer to you / and one another. / Be with our family / as we wait for Jesus' birthday.

(Pause long enough so the children don't repeat after you any more.)

Let's listen to a short story and learn a bit about St. Francis of Assisi.

Eight hundred years ago, in Italy there was a man named Francis. He had a loving nature that made people like him.

Francis' love flowed out to all God's creatures. If he saw a worm in the road, he would move it so that it would not get smashed. He even talked to the birds about God and they would sit on his arms and shoulders.

Back then, people did not celebrate Christmas as we do now - no tree, carols, and probably not even presents. Francis thought that the birth of Jesus should be remembered in a special way. Francis planned a Christmas surprise for the people of the town. By Christmas Eve, lots of people had heard of the surprise and people came from all around. Francis had built the first nativity scene - a holy scene of the infant Jesus in the manger with Mary and Joseph plus a donkey and ox. Then Francis read from the Bible the story of the first Christmas.

"St. Francis was a very holy and wonderful preacher who taught the message of the love and peace of Jesus. He was good and kind to everyone. . . It was Jesus in the Holy Eucharist that gave him the love and strength to serve the poor." ³ He was the founder of the Franciscan order.

We will now say some lines taken from The Divine Praises written by St. Francis to help us get our hearts ready for Jesus' birth. Look at Jesus in the Monstrance or close your eyes. Repeat after me:

Jesus, / You are holy, Lord, / the only God, / and Your deeds are wonderful.

Jesus, / You are strong. /

³ *Stories of the Eucharist* by Linda & Mary Beth p. 4
www.guidedchildrensadoration.com

Jesus, / You are great. /
 Jesus, / You are the Most High. /
 Jesus, / You are love. /
 Jesus, / You are joy and gladness. /
 Jesus, / You are our protector. /
 Jesus, / You are our courage. /

(Pause long enough so the children don't repeat after you any more.)

It is important for Jesus to know we love Him, so looking at Jesus, repeat after me: O Jesus, I love You! (Fatima prayer) - (Silence) x 2 or 3

(Pause long enough so the children don't repeat after you any more.)

We will now say a short prayer to Jesus' mother Repeat: "O Mary, Mother of my Savior, / prepare for Jesus / a cradle in my heart." ⁴

(Pause long enough so the children don't repeat after you any more.)

Prostration - a couple of minutes

Let us now, humble ourselves before Jesus and experience the wonder of being in our Savior's presence. Ask Jesus to help prepare your heart for Christmas. Be as still and quiet as you can.

Step the children thru prostration. Kneel on the kneeler, put your bottom on your seat behind you, place your hands on your face, and bring your face to the back of the pew in front of you.

OR

If the children are sitting on the in front of the altar in the church: Kneel, put your bottom on your heels, place your hands on your face, and bring your face down to your knees or the floor.

Sit

Our time before and with Jesus, our King, in His throne, the Monstrance, is coming to a close. In our hearts let us again tell Jesus how much we love Him. (Silence) Thank Him for spending this time with you. (Silence)

Please kneel.

⁴ Advent Prayer in *Stories of the Eucharist* by Linda & Mary Beth pg. 3
 www.guidedchildrensadoration.com

[The priest or deacon goes to the altar, genuflects, and kneels. ⁵]

Sing: Away in a Manger (verses 1 and 3: repeat after fashion)

Away in a manger, / no crib for a bed, / the little Lord Jesus laid down
His sweet head. / The stars in the bright sky / looked down where He
lay, / the little Lord Jesus asleep on the hay. /

Be near me, Lord Jesus, / I ask You to stay / close by me forever, / and love me I
pray. / Bless all the dear children / in Your tender care /
And fit us for heaven / to live with You there.

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament" ⁶ with three double swings. After the hymn is finished, "the minister rises and sings or says." ⁷]

Priest/Deacon:

Let us pray

After a brief pause for silent prayer, the presiding minister continues

Lord our God,
you have given us the true bread from heaven.
In the strength of this food
may we live always by your life
and rise in glory on the last day.

We ask this through Christ our Lord.

All: Amen. ⁸

Moment of silence

Leader:

Father/Deacon will now do Benediction and Divine Praises. Be sure to make the Sign of the Cross when you receive your blessing from Jesus during Benediction. (Make sure the

⁵ No 97 Holy Communion & Worship of the Outside Mass

⁶ No 97 Holy Communion & Worship of the Outside Mass

⁷ No 98 Holy Communion & Worship of the Outside Mass

⁸ No 226 Holy Communion & Worship of the Outside Mass

children do the sign of the cross -- step them through it if needed)

[After the prayer the priest or deacon puts on the humeral veil, genuflects, and takes the monstrance (or ciborium). He then makes the sign of the cross over the people with the monstrance (or ciborium), in silence.⁹ During the Eucharistic Blessing (actual Benediction), if altar servers are available and trained, one may incense the Eucharist while kneeling with three double swings, bowing before and after the incensation.¹⁰ Another server may ring the bells three times, keeping pace with the blessing.¹¹]

Priest/Deacon:
Benediction

After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises.¹²]

Say The Divine Praises repeating after the presider.

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

The priest/deacon reposes the Blessed Sacrament and Song: Holy God, We Praise Thy Name in repeat after me fashion. (You might not need or want to do all the verses.)

Holy God we praise Thy name; / Lord of all we bow before Thee; /

All on earth Thy scepter claim; / All in heaven above adore Thee. /

⁹ No 99 Holy Communion & Worship of the Outside Mass

¹⁰ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

¹¹ Ceremonies of the Modern Roman Rite no. 688

¹² USCCB's Office of Divine Worship recommends presider's posture/position per phone call on August 8, 2014 when editor asked for clarification. USCCB's Office of Divine Worship recommends saying Divine Praises between Benediction and Reposition. Also according to how Pope Benedict and Pope Francis preside at Holy Hours.

Infinite Thy vast domain, / Everlasting is Thy reign! /
Infinite Thy vast domain, / Everlasting is Thy reign! /

Hark, the loud celestial hymn; / Angel choirs above are rising; /
Cherubim and Seraphim, / In unceasing chorus praising, /
Fill the heavens with sweet accord: / Holy, holy, holy, Lord! /
Fill the heavens with sweet accord: / Holy, holy, holy, Lord! /

Extra

[Sometimes you will get thru the whole set of plans, sometimes you won't. Here are some extra prayers and reflections in case you get done early. Each group and each session will flow a little different dependent on the age of the children, how long you pause, and where God leads you that particular time.]

A gift we can give to the child Jesus is a heart washed clean of sin, so we are now going to do a short Examination of Conscience. Think about the following questions and answer them to Jesus in your heart.

Have I said mean things or hurt someone's feelings? Am I jealous of anyone or wish bad things on someone? Do I listen to my parents and teachers? Do I help out when needed? Have I been saying my prayers? Do I trust in God at all times? Do I give God enough attention?

Think inside your head about any other little or big ways that you might have hurt God. **(minute of silence.)** Now tell Him, you are sorry for hurting Him.

Looking at Jesus in the monstrance, we are going to say one of the Fatima prayers taught by Our Lady. Repeat after me: "O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!"

(Fatima prayer taught by Our Lady of Fatima)

(Pause long enough so the children don't repeat after you any more.)

We are going to pray one decade of the rosary.

We are going to focus on the 3rd Joyful Mystery: The Nativity, when Mary gave birth to Jesus, our Savior, in a stable in Bethlehem and choirs of angels sang: Glory to God in the highest and on earth peace to men of goodwill.

End rosary with O My Jesus.

We are going to enter into a silent period of prayer from our hearts. In this time, think about the decade we just prayed - how Jesus was born in a stable and laid in a manger. **(Couple minutes of silence.)**

Thanksgiving - Think about all the good things that God has given you. Think of as many of these presents from God as you can and in the quiet of your heart, name and thank Jesus for them. *(Couple minutes of silence.)*

Keeping your eyes upon Jesus in the Monstrance, we are going to have silence mixed with me saying lines of scripture or Psalms. Listen to Jesus talking to you in the silence of your hearts. *(Pause between lines)*

"and they shall call Him Emmanuel, which means that "God is with us." Matthew 1:23

"Prepare the way of the Lord, make straight his paths." Luke 3:4

"The true light, which enlightens everyone, was coming into the world." John 1:9

"Lord, show us the light of your face!" Psalm 4:7

References

Books:

Ceremonies of the Modern Roman Rite, Revised Edition, Peter J. Elliott, © Ignatius Press; San Francisco, 2005. All rights reserved.

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Music:

(All listed songs hold copyrights and are subject to copyright laws. Please consult your own parish's rights to use the suggested songs.)

Away in a Manager: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #353.

Come Adore: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #888. Text by Thomas Aquinas.

Holy God, We Praise Thy Name: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #524.