



**Guided Children's Hour of Adoration
Younger/Preschool Children
(Divine Friend 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

Pope John Paul II quote

Fatima prayer -- repeat

Isaiah 49

Pope John Paul II quote

Prostration

Repeat Fatima Prayer

Being in the palm of God's hand

Psalm 103 -- repeating

Song: I Believe

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 Divine Friend 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.

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 in the monstrance. Really look at Jesus in the Blessed Sacrament, the consecrated Host. **(Brief pause)** Jesus is here with us. We are in the awesome presence of our God . . . God who created us. . . . How special we are that our God -- that Jesus loves to spend time with us. . . . Tell Jesus hello in your heart. **(pause a moment)**

Close your eyes now and feel Jesus' love warmly and wonderfully surround you like a gentle hug. **(pause)**

Open your eyes. Blow Jesus a kiss.

Sit

Look at Jesus and repeat after me: "Jesus, / I know you are here."

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

One of our popes, Saint John Paul II told some children, "First of all I tell you that Jesus loves you! This is the most beautiful . . . truth! Jesus loves you!" (ADDRESS OF HIS

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
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(slight pause for transition)

Jesus loves you! He loves you more than you can even understand . . . bigger than you can imagine. Enormous, huge Love! That's how Jesus loves **you**.

We want Jesus to know that we love Him too so looking at Jesus in the Blessed Host repeat after me: O Jesus, I love You! (Fatima prayer) / . . . O Jesus, I adore You! / . . . O Jesus, I love You!

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

There is a song (based on Isaiah 49) with the words: "I will never forget you, I have carved you on the palm of My hand." The Lord has written **your** name on the palm of His hand. Jesus knows each of you in a special way and cares for you with great love. He knows you so well that He has even counted the number of hairs on your heads. That is how important you are to God.

Pope John Paul II also said: (on the Feast of Corpus Christi June 14, 1979) "Jesus knows you one by one, personally. He knows your name . . . In all situations of your life (that means always, always), turn to the Divine Friend . . . Jesus is waiting for us." (Silence)

Jesus is your Divine Friend -- your friend from heaven -- your friend who is God. Jesus is waiting for **you**. Did you know that Jesus waits for you to come visit Him. You have made Jesus very happy by visiting with Him in Eucharistic Adoration today.

Prostration - a couple of minutes

We are going to spend a minute of quiet time with our Divine Friend who is Jesus. You can quietly talk to Him in your heart about anything that is important to you because these things are important to Jesus too.

We are going to tuck ourselves into a humble position before our Jesus because we love Him.

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

We are going to say one of the Fatima prayers taught by Our Lady. Looking at Jesus, 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 for the children not to repeat after you)

We talked earlier about our name being written in the palm of God's hand. He is so much bigger than us, yet he holds us so gently, so lovingly in His hand. Hold your palm up and close your eyes. Imagine yourself cradled -- being held in our Lord's hands.

(Pause)

We will now say part of Psalm 145. Looking at Jesus, repeat after me: "my God and king; / I will bless your name forever. / Every day I will bless you; / I will praise your name forever. / Great is the Lord / and worthy of high praise" Psalm 145:1-3

(Pause long enough so that children do not repeat after you)

Please kneel.

[The priest or deacon goes to the altar, genuflects, and kneels. ³]

Sing: I Believe (repeat after fashion)

Your blood, / Your body, /
Your soul, / and Your divinity, /
Jesus, / truly present /
In this most / Blessed Sacrament /

I believe, / I believe, / I believe it's true /
I believe, / I believe, / I believe it's You /

I believe, / I adore You, /
I hope, / and I love You, /
Jesus, / truly present /
In this most / Blessed Sacrament / ⁴

³ No 97 Holy Communion & Worship of the Outside Mass

⁴ by Karl Kohlhasse

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament"⁵ with three double swings. After the hymn is finished, "the minister rises and sings or says."⁶]

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.⁷

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 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.⁸ 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.⁹ Another server may ring the bells three times, keeping pace with the blessing.¹⁰]

Priest/Deacon:

Benediction

⁵ No 97 Holy Communion & Worship of the Outside Mass

⁶ No 98 Holy Communion & Worship of the Outside Mass

⁷ No 226 Holy Communion & Worship of the Outside Mass

⁸ No 99 Holy Communion & Worship of the Outside Mass

⁹ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

¹⁰ Ceremonies of the Modern Roman Rite no. 688

After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises. ^{11]}

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. /
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! /

¹¹ 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.
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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.]

We are going to think about one of the decade of the Rosary: the 5th Luminous Mystery: The Institution of the Eucharist: At the Last Supper, Jesus gave the Apostles and therefore us the amazing gift of the Blessed Eucharist - His true Body and Blood. Jesus told his disciples, "Take and eat; this is my body." He did this because He loves us!

We will not say the whole decade, but one of each of the prayers.

1 Our Father, 1 Hail Mary, 1 Glory Be

We are now going to be quiet for just a moment and think about the decade we just prayed about the treasure our Divine Friend, Jesus, has given us -- the Eucharist. (Moment of silence)

Act of Hope (Repeat in sections.)

O my God, / relying on your infinite goodness and promises, / I hope to obtain pardon of my sins, / the help of your grace, / and life everlasting, through the merits of Jesus Christ, / my Lord and Redeemer. / Amen.

‡ A Reading from the Holy Gospel according to Matthew.

Response: Glory to You O Lord

"Then children were brought to him that he might lay his hands on them and pray. The disciples rebuked them, but Jesus said, "Let the children come to me, and do not prevent them; for the kingdom of heaven belongs to such as these." After he placed his hands on them, he went away." (Matthew 19:13-15)

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

Let us spend a couple moments of quiet with Jesus -- feeling His blessings on you.

Repeat after me:

"This is the day / the Lord has made; / let us rejoice in it / and be glad." Psalm 118

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

Thanksgiving Prayer *(Repeat in sections.)*

Lord Jesus I adore You! / Thank You for Your awesome love/ which keeps You on earth / with us, night and day, / in the Holy Eucharist! / Thank You for the gift of life! / Thank You for my family, / friends and loved ones, / for the countless graces / and blessings / that You have showered upon me / and every person in the entire world! / Thank You for Your ongoing merciful / and tender loving care!

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

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.)

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

I Believe: Words and Music for Eucharistic Adoration by Karl Kohlhase, 2008, www.k4communications.com. Song/words used with permission by Karl Kohlhase. Permission is granted to copy the song's words for use of the worship aide/booklet for Adoration. (It can be heard on his website <http://www.k4communications.com/karl/recordings.html> under the album title, "Bread Of Life: Eucharistic Reflections")

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