



Guided Children's Hour of Adoration Younger/Preschool Children (Divine Mercy Theme Overview)

Introduction

Exposition of the Eucharist - Kneeling and Song: You Are My All in All

Opening Prayer

Focus on Jesus' True Presence in the Eucharist in the Monstrance.

Repeat Line

St. Faustina Story

Decade of Divine Mercy Chaplet in Song

Prostrate

Building a Dwelling Place for Jesus in Your Heart

Closing Words

Song: Make My Heart Your Dwelling Place

Closing Prayer

Benediction and a few of the Divine Praises

Reposition of Blessed Sacrament and Song: You Are My All in All

Based on previous plans' rubrics that have been published with the approval of the Committee on Divine Worship, United States Conference of Catholic Bishops.

Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of *The Roman Missal* © 2010, ICEL. All rights reserved.

Scripture texts in this work are taken from the New American Bible, revised edition © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.

Copyright © Melissa Kirking, Round Rock, Texas

All plans, activities, information, etc. are free; however, they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on www.guidedchildrensadoration.com.

Contact Information: melissa@guidedchildrensadoration.com



Guided Eucharistic Adoration for Younger/Preschool Children Divine Mercy Theme

Copyright: All plans, activities, information, etc. are free; however, they are only to be used for an individual parish, classroom, and personal use. They may not be published on any websites or other electronic media, or distributed in newsletters, bulletins, or any other form or sold for profit. Reproduction or retransmission of any materials, in whole or in part, in any manner, is not permitted. Plans are located on www.guidedchildrensadoration.com.

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

Needed: Image of Divine Mercy, Player & Speaker to play Divine Mercy Chaplet
YouTube song

Leader:

[Leader should stand at the front of the church for this Introduction.]

[Please note the estimated timing in the right side margins. For your ease, you can write the actual minutes of the hour prior to beginning. Example: 4:15, 4:18, etc. However, a firm time is you must start the closing kneel by 48-50 minutes past the start of the Adoration to close on time.]

[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.]

Jesus has been waiting for **you** to come today, waiting for **you** to come to this very church and be here with Him! Oh how Jesus loves you!

Quietly nod your head yes or no. When I say look at Jesus in the next little while, do I mean this is Jesus? [Point to the actual gold on the monstrance. Pause to look at the children.] No. Well then, would you look here? [Point to the currently empty window in the monstrance. Pause to look at the children.] Yes!

As a reminder, Jesus, in the form of a Host which was consecrated at Mass by a priest, is placed inside the Monstrance in a clear window for us to see.

Be sure to think about the fact that you are sitting right in front of God!! His Body, His Blood, His Soul, and His Divinity . . . His Kingship.

Since we are here to spend time with our Jesus, we want to show Jesus we are listening to Him. We show God that we are good listeners by:

- keeping our voices off with no whispering
- you can either bow your head, close your eyes, or look at Jesus in the Blessed Sacrament
- you need to still hands or fold them in prayer, and keep your hands to yourself.
- You also need to stay in your pew or on your mat.

[Request catechist assistance prior to Exposition:]

Catechists, as we all know, the children need redirecting at times. I ask that you help encourage and guide them to show reverence before our Sacramental Lord with the items I just talked to them about.

[Redirect during the Holy Hour as needed with reminders:

- Let's take a moment to remember how to show God we are listening.
- Please put your worship aid down.
- Let's try to still our bodies and quiet our voices.
- Remember Jesus is truly here.
- I need you to stay in your pew.
- Remember we leave the kneelers down the whole time.
- Give Jesus your full attention. If you are whispering to a neighbor or fiddling with your papers, you might miss something that Jesus wants to share with you.
- Etc....]

[Show the children the Image of Divine Mercy.]

Jesus appeared to a nun named Sister Faustina many times during her life. This painting/image shows us how Jesus looked to St. Faustina. [Point out the red and white ray and the words at the bottom of the image: "Jesus, I Trust in You."] Today's Adoration will be based on this image of Jesus, Divine Mercy, and the message He gave to St. Faustina.

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

(pause: about 15 seconds)

[Leader should be seated behind the children.]

Take a moment to quiet yourself and get your mind and heart ready to spend time with Jesus. Take a few deep breaths, be still, and feel the Lord's peace fill you.

We are here to adore Jesus - to love Jesus! (pause: about 30 seconds)

_____ 3 minute mark
in plan timing.

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: You Are My All in All

[The Blessed Sacrament is placed in the monstrance on the altar. The presider then kneels before the altar. If altar servers are available, the priest or deacon incenses the Blessed Sacrament.]

Priest/Deacon:

[The priest or deacon may begin the time of Adoration with a prayer, such as the following.]

Opening Prayer: (With age and experience, more of the Opening Prayer can be added.)

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

All: Amen.¹

Moment of silence. (15-30 seconds)

_____ 5 minute mark
in plan timing.

Key for Pauses

. . . . indicates 1-2 seconds of silence
small pause: 5-10 seconds
pause: about 30 seconds
silence: 30-60 seconds

Leader:

Right now, this very minute, Jesus is here before us. . . . Look at Him hidden in the Eucharist, the white host, in the middle of the monstrance. (small pause: 5-10 seconds)
Know Jesus is with us now He is the Eucharist He is the Blessed Sacrament. . . .

St. Faustina called Jesus "Holy God". Look at Jesus in the Blessed Host and repeat after me: "Holy God, / I know You are here."

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

Close your eyes now in your mind, picture Jesus as St. Faustina saw Him, as Divine Mercy standing in front of you just like the image I showed you now picture Jesus looking you right in your eyes His eyes are sparkling with huge love for you feel your heart fill with so much joy and so much happiness that you feel happy all the way to your toes. (small pause: 5-10 seconds)

As you look at Jesus, you see the red ray coming from Jesus' heart and reaching across the chapel to touch your heart You also see the white ray coming from Jesus' heart and reaching across the chapel to touch your heart As you watch the rays and feel such joy, you know that all your joy comes from Jesus as He blesses you. (small pause: 5-10 seconds)

Now, open your eyes See Jesus your King your God before you in the Blessed Sacrament in the Monstrance. (small pause: 5-10 seconds)

_____ 7 minute mark
in plan timing.

¹ No 224 Holy Communion & Worship of the Eucharist Outside Mass

Please sit.

We like it when our Mom and Dad tell us, "I love you." Jesus too likes to know that we love him.

So looking at Jesus in the monstrance, repeat after me: "My God! My God! / I love You in the Most Blessed Sacrament!" ²

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

Listen now to a little bit more about Saint Faustina who saw Jesus appear to her just like in the picture. About 80 years ago, Jesus appeared many times to this nun. Jesus brought her the message of His Divine Mercy which is that God loves you, He loves me, He loves people we know, and He loves people we don't know. Jesus loves everyone no matter how big their sins are. Jesus wants us to know that His mercy, His kindness, His love is **bigger** than our sins. Think about standing on a beach looking out on the huge ocean. You can't see where the ocean ends. Jesus' mercy is even bigger than the ocean!

The Sunday immediately following Easter is Divine Mercy Sunday. On this feast, Jesus pours out oceans and oceans of His graces!

Jesus taught Saint Faustina the Chaplet of Divine Mercy which is a prayer for God's mercy. The Chaplet is usually prayed using rosary beads to keep track of the prayers.

The chaplet has several different prayers, but today we will be focusing on only one of the prayers which is, "For the sake of His sorrowful Passion, have mercy on us and on the whole world."

Practice that with me now: For the sake of His sorrowful Passion, / have mercy on us and on the whole world.

_____ 9 minute mark
in plan timing.

Please stand. We are going to sing to Jesus this prayer ten times. You can keep count on your fingers.

(Song, Chaplet of Divine Mercy in Song - Complete Children's version, can be found here: <https://www.youtube.com/watch?v=qolkxGqt6JY>. Timing 3:18 - 5:43)

Make a deep bow of respect and love to Jesus. Please sit.

_____ 12 minute mark
in plan timing.

² Our Lady of Fatima Prayer - partial

Prostrate: We are going to spend a minute of quiet time with 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.

Step the children through 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.

See if you can still your body so it does not even make a tiny sound . . . Try not to move a muscle . . . Close your eyes. . . Slow your breathing. . .

(Repeat as needed.)

(Try for 1 or 2 minutes of silence. It is important that children have at least some time of quiet which will grow in length as the children grow in age and experience.)

Please sit.

Saint Faustina wrote in her diary about Jesus in the Blessed Host: "Oh, how happy I am to be a dwelling place for You, O Lord! My heart is a temple in which You dwell continually." ³

St. Faustina loved that Jesus lived in her heart. Close your eyes now and picture your heart. You can even place your hand on your heart if you wish. With your mind, build a special place . . . a building . . . a tent . . . a chapel . . . a cathedral . . . in your heart for Jesus to always stay. **(pause: about 30 seconds)**

Please kneel. Look at Jesus and everyone whisper "Jesus, I Love You" very softly and blow Him a kiss.

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

We will sing a song now asking Jesus to dwell or live in our hearts.

Song: Make My Heart Your Dwelling Place **(Repeat song in sections.)**

Make my heart Your dwelling place, / a temple just for You; /

**** Important**

_____ 14 minute mark in plan timing.

This time is firm.

You must start kneeling for

Adoration to close on time.

³ Divine Mercy in My Soul: The Diary, 1392

A consecrated resting place, / a vessel ever true. /

Make my heart a fire, / with the brightness of Your Son. /

Make my heart a dwelling place / for the Holy One. /

[During the song, the minister may incense the Holy Eucharist. After the song is finished, he stands and sings or says a prayer such as the following. ⁴]

Priest/Deacon:

Let us pray. (With age and experience, more of the Closing Prayer can be added.)

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

All: Amen. ⁵

Moment of silence: (15-30 seconds)

Leader:

Father/Deacon will now do Benediction, a blessing from Jesus. **Talk the children through Benediction:** Look! Don't miss your special blessing from Jesus! Father's/Deacon's hands are not touching the monstrance, they are covered in cloth. This means the blessing comes right from Jesus, not Father/Deacon. Keep your eyes on the Eucharist! Jesus' blessing comes from the Host like rays of sunshine covering you in His love. He covers you with love even if you can't feel it or see it. O, how Jesus loves you! Receive your blessing by making the Sign of the Cross.

[After the prayer, the priest or deacon puts on the humeral veil, genuflects, and goes to the altar. Then he picks up the monstrance and makes the sign of the cross over the people in silence. ⁶ During the blessing, servers may incense and ring the bells,

⁴ No 98 Holy Communion & Worship of the Eucharist Outside Mass

⁵ No 226 Holy Communion & Worship of the Eucharist Outside Mass

⁶ No 99 Holy Communion & Worship of the Eucharist Outside Mass

according to local tradition.]

Priest/Deacon:
Benediction

[After replacing the monstrance on the altar, the priest or deacon may kneel and lead those assembled in the Divine Praises. The Divine Praises can also be said as the priest or deacon reposes the Blessed Sacrament.]

We will now repeat a few of The Divine Praises⁷ after Father/Deacon. Repeat after the presider. (With age and experience, more lines of the Divine Praises can be added.)

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

The priest/deacon reposes the Blessed Sacrament and Song: You Are My All in All

⁷ Repeating a few of the Divine Praises, but not all, expose the children to the beauty of the Praises, but allow the children to slowly learn all the Divine Praise over time just like the children learn to be silent for longer periods of time with age and experience.

Extra

[Sometimes you will get through 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 differently depending on the age of the children, how long you pause, and where God leads you that particular time.]

On the painting of Jesus' Divine Mercy are the words "Jesus, I Trust in You." It is so important to trust in God - so important that Jesus had St. Faustina write the words on His image so we would not forget. We can trust God when we are happy or sad or mad . . . we can trust God when we are scared or worried or joyful.

Let us look at our Hidden God, our Jesus in the Eucharist, and tell him that we trust Him:
Jesus, I Trust in You. x 2 or 3

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

Saint Faustina also called Jesus: "Living Host." ⁸ Looking at Jesus, repeat after me:
O Jesus, / the Living Host / You make my soul strong /when I need Your help. /
O Jesus, the Living Host, / You are the world's / fountain of love. ⁹

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

Jesus gives us His mercy and we in turn give mercy and love to others.

Jesus told Saint Faustina **"I demand from you deeds of mercy which are to arise out of love for me. You are to show mercy to your neighbor always and everywhere. You must not shrink from this or try and excuse yourself from it."** ¹⁰ He tells her three ways to show mercy which are by your deeds, words, and prayers.

Think of some ways you can show mercy to others this week. Love that helps others feel better. Whisper softly to Jesus a deed or action of mercy you can do. (small pause: 5-10 seconds) Whisper softly to Jesus some words you might say to someone sad or mad. (small pause: 5-10 seconds) Whisper softly to Jesus names of people you can pray for?

⁸ Divine Mercy in My Soul: The Diary, 223

⁹ Based on St. Faustina's words: Divine Mercy in My Soul: The Diary, 223

¹⁰ Divine Mercy in My Soul: The Diary, 742

(small pause: 5-10 seconds)

Jesus said to Saint Faustina, **"In the Host is your power; It will defend you."** ¹¹ (small pause: 5-10 seconds) Remember as you are at home, at school, participating in sports, or hanging out with friends, that Jesus in the Host is your strength and defender when you are having a difficult time. Think about a time you could have asked Jesus in the Host to defend you. ¹² (small pause: 5-10 seconds) Ask Jesus to help you to remember to ask Him for His help. (pause: about 30 seconds)

Repeat after me, a line from Saint Faustina's Diary:

"Thank You, O Lord, for creating me,

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

Saint Faustina prayed for the souls of sinners a lot! In your heart, ask Jesus for His mercy on the souls of the sinners. (pause: about 30 seconds)

In Mass, we say a prayer that asks for God's mercy. Repeat after me.

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

¹¹ Divine Mercy in My Soul: The Diary, 616

¹² Divine Mercy in My Soul: The Diary, 616

References

Books:

Excerpts from the English translation of the *Catechism of the Catholic Church* for use in the United States of America Copyright © 1994, United States Catholic Conference, Inc. -- Libreria Editrice Vaticana. Used with Permission.

Diary St. Maria Faustina Kowalska: Divine Mercy in My Soul, © 1987 Marian Fathers of the Immaculate Conception of the B.V.M. All rights reserved.

Diary St. Maria Faustina Kowalska: Divine Mercy in My Soul, © 1987 Marian Fathers of the Immaculate Conception of the B.V.M. All rights reserved. Used with permission.

Excerpts from the English translation of *Holy Communion & Worship of the Eucharist Outside Mass* © 1974, ICEL. All rights reserved.

Scripture texts in this work are taken from the *New American Bible, revised edition* © 2010, 1991, 1986, 1970 Confraternity of Christian Doctrine, Washington, D.C. and are used by permission of the copyright owner. All Rights Reserved. No part of the New American Bible may be reproduced in any form without permission in writing from the copyright owner.

Music:

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

Make My Heart Your Dwelling Place: Jim Cowan. 1986

You Are My All in All: *Girls of Grace*, Nichole Nordeman.