



**Guided Children's Hour of Adoration:
Younger/Preschool Children
(Knights of Christ Theme Overview)**

Intro

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

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

Repeat after Line

Knights are Warriors

Knight's Equipment

Sign of the Cross Armor

Repeat after Line

Prostrate

Repeat after Line

Closing Thoughts

Song: Head to Toe (The Armor of God Song)

Benediction and Divine Praises

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

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

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Guided Eucharistic Adoration for Younger/Preschool Children Knights of Christ

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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.]

_____ 0 minute mark
in plan timing.

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.]

[Optional Handouts: Color Sheets]

Before we start our Adoration, please quietly raise your hand if you know what a knight in shining armor is. [Pause to look around and nod at the children.] A knight was a person who helped protect and take care of his king's people and kingdom.

Jesus is our king, right?! (pause)

Catholic Knights know that when they help and love other people they are helping and loving God.

Today, I'm going to call you Knights as we love our King, Jesus. Raise your hand if you love Jesus. (pause to look around)

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. Jesus is seen in the form of a white host, a white circle, in the middle of the Monstrance.

Raise your hand if you remember seeing the priest lift-up the big white host . . . the big white circle during Mass? (pause) If you don't remember, look for the host at Mass this Sunday.

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!

The host looks like bread, but is really God . . . Jesus. His Body, His Blood, His Soul, and His Divinity, His kingship.

Oh, how Jesus loves us! . . . Oh, how Jesus loves you!

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, 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....]

Dear Knights of Jesus please put your kneelers down and kneel. Remember the kneelers stay down the whole time.

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.

(pause: about 15 seconds)

_____ 3 minute mark
in plan timing.

[Leader should be seated behind the children.]

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:

Dear Knights of Christ . . . sweet children of God . . . look at Jesus, our God, in the middle of the monstrance . . . He **IS** the white host The host is truly, truly Jesus the King that we serve! . . . We believe! (small pause: 5-10 seconds)

Looking at Jesus, repeat after me:
Jesus, / I know You are here.

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

Please sit.

Close your eyes now use your imagination to picture Jesus standing with you this very moment Look into Jesus' eyes . . . they show you how very much He loves you . . . **you**

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

are His brave knight . . . and Jesus never leaves you alone. (small pause: 5-10 seconds) He is with you this very moment He is with you when you are at the playground when you take a walk, He walks with you . . . He stays with you all day at school . . . He is with you all night when you are sleeping . . . Jesus never leaves you! (pause: about 30 seconds)

Open your eyes and looking at Jesus, repeat after me:

Jesus, my King / I am Your knight. / I want to help You. / I want to serve You.

_____ 7 minute mark
in plan timing.

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

Knights in shining armor are heroes of the Catholic faith . . . Quietly nod your head yes or raise your hand if **you** will be a knight . . . a hero for Jesus? (small pause: 5-10 seconds)

Believing in God is so very important for a knight . . . without a word, nod your head yes or raise your hand if **you** believe in Jesus? (small pause: 5-10 seconds)

Knights need to have the right clothes, good armor, a horse, and weapons. We read in the Bible to, "Put on the armor of God."² We practice things/skills that we want to get good at like throwing a ball. Knights practiced putting on and wearing their armor many, many times so they would be used to having it on when they were in battle.

Make the Sign of the Cross. (small pause: 5-10 seconds)

When we make the Sign of the Cross, it is our way of asking Jesus for help. When you make the Sign of the Cross, it covers you with invisible, but powerful armor that protects you.³ The Sign of the Cross says, please God bless me, help me, and guard me from harm.⁴

Say that after me now:

God please bless me. /

God please help me. /

God please guard me from harm.

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

² Ephesians 6:11-18

³ St. John Chrysostom "powerful armor"

⁴ A Biblical Walk Through the Mass by Edward Sri pg. 17

When you make the Sign of the Cross slowly and thinking about God, ⁵ **you** are putting on heavenly armor from God that covers your whole body and soul . . . your thoughts and even helps you with your choices. ⁶

So, we, as Knights of Christ, are going to practice putting/strapping on our Sign of the Cross heavenly armor. We will now make the Sign of the Cross slowly as I describe the armor it covers you with.

In the name of the Father: With your hand touching your forehead, place on your helmet, your hope of heaven. ⁷ (small pause: 5 seconds)

And of the Son: With your hand touching your chest, strap on your chest armor that is faith, love, righteousness. ⁸ (small pause: 5 seconds)

And the Holy: With your hand touching your left shoulder, hold up your shield of faith. ⁹ (small pause: 5 seconds)

Spirit: With your hand touching your right shoulder, grab your sword made from the Word of God who know your thoughts and why you do what you do. ¹⁰ (small pause: 5 seconds)

Amen. (small pause: 5-10 seconds)

Your heavenly armor now covers your body . . . it covers your soul . . . it covers your thoughts. (small pause: 5-10 seconds) Feel the protection of God all around you. (small pause: 5-10 seconds)

Knights would practice putting on the armor many, many times, let us practice putting on our Sign of the Cross armor again making sure this time to say the words along with the motions of the prayer.

In the name of the Father: (small pause: 5 seconds)

And of the Son: (small pause: 5 seconds)

And the Holy: (small pause: 5 seconds)

Spirit: (small pause: 5 seconds)

Amen. (small pause: 5 seconds)

Right now, you have on your helmet which means you hope to go to heaven . . . and your chest plate of love and faith . . . and you hold your shield of faith . . . and you have your sword made from the Word of God.

⁵ A Biblical Walk Through the Mass by Edward Sri pg. 23 "with careful attention and reverence"

⁶ Sacred Signs by Roman Guardini pg. 14

⁷ 1 Thessalonians 5:8

⁸ 1 Thessalonians 5:8 and Isaiah 59:17

⁹ Ephesians 6:11-18

¹⁰ Hebrews 4:12

Now that you have your armor on, look at Jesus and repeat after me:

God, please bless me. /

God, please help me. /

God, please guard me.

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

_____ 11 minute mark
in plan timing.

You can put on your Sign of the Cross armor when you are happy or scared or trying to be good. You can put it on many, many times a day!

As Knights of Christ, we are going to tuck ourselves into a humble position before our Jesus, our King, because we love Him and know how important He is.

Prostrate - **A minute of silence.**

Please kneel.

Let us tell Him: "Jesus, I believe in You" which is an important belief for knights.

Repeat after me: "Jesus, I believe in You."

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

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.

Be as still as you can . . . Don't move at all . . . Close your eyes. . . . Slow your breathing.

(Repeat as needed)

You can quietly whisper your words to Jesus aloud or inside your mind.

Children repeat: Jesus, I believe in You. (Say aloud several times getting softer and softer.)

(Try for 1 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.

Looking at Jesus, repeat after me: My God and my King! / I love You in the Host! / Oh Jesus, I love You!

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

Blow Jesus a kiss to show your love for Him.

(Pause long enough for the children to blow Jesus kisses.)

Shortly, we will be coming to a close. Take a quiet moment with Jesus to say good-bye before we start our closing prayers.

Moment of silence. (15-30 seconds)

_____ 13 minute mark
in plan timing.

Please kneel.

Song: Sing: Head to Toe (The Armor of God Song)

[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. ¹¹]

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. ¹²

Moment of silence: (15-30 seconds)

Leader:

¹¹ No 98 Holy Communion & Worship of the Eucharist Outside Mass

¹² No 226 Holy Communion & Worship of the Eucharist Outside Mass

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. ¹³ During the blessing, servers may incense and ring the bells, 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 Praises ¹⁴ 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

¹³ No 99 Holy Communion & Worship of the Eucharist Outside Mass

¹⁴ 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.]

When a person had trained enough to become knights, they would go through a "dubbing" ceremony where they made a promise to serve their Lord. Then the king, queen, or another knight would tap the new knight on the shoulders with a sword.

Let us become "brave knights of Christ." ¹⁵

First things first, a future knight would take a bath to wash away his sins. Using your hands, wipe down your arms and chest telling Jesus your sins and that you are sorry for the things that you have done wrong to wash away these sins. (small pause: 5-10 seconds)

The knight would then put on a clean white garment. The knight would go kneel in the chapel to pray for his family, those who trained him, and for protection in battle.

Within your mind, put on a white garment . . . Soon to be knights go ahead and kneel. Take a moment now to pray for your family . (pause: 5-10 seconds) . And now pray for those who teach you. (small pause: 5-10 seconds) . And now pray for God to protect you. (small pause: 5-10 seconds)

It is now time to take your promises of how you will behave and what you will believe as a knight. Please stand, look at Jesus, your Commander, Who hears your promises, and repeat after me:

I promise / to believe in Jesus ¹⁶

I promise / to be kind to my friends. ¹⁷

I promise / to help to those who need help. ¹⁸

I promise / to not say rude things. ¹⁹

I promise / to never lie. ²⁰

I promise / to ask God for help. ²¹

¹⁵ Bohemond

¹⁶ 1882 book *La Chevalerie*, Gautier

¹⁷ Geoffroi de Charney, a famous 14th century French knight

¹⁸ Geoffroi de Charney, a famous 14th century French knight

¹⁹ Geoffroi de Charney, a famous 14th century French knight

²⁰ 1882 book *La Chevalerie*, Gautier

²¹ Geoffroi de Charney, a famous 14th century French knight

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

Soon to be Knights of Christ, kneel down and close your eyes Bow your head Picture Jesus, your commander and king, standing in front of you with a sword shining with His heavenly graces Jesus taps the sword on first your right shoulder and then your left shoulder as He says, "I dub thee Sir or Lady Knight of Mine." (small pause: 5-10 seconds)

[If attention span allows] Stand up now Sir or Lady Knight and place your heavenly armor on by making the Sign of the Cross.

In the name of the Father: Place on your helmet, your hope of Salvation. ²² (small pause: 5 seconds)

And of the Son: Put/Strap on your chest armor of faith, love, righteousness. ²³ (small pause: 5 seconds)

And the Holy: Take up your shield of faith that puts out all flaming arrows of the evil one. ²⁴ (small pause: 5 seconds)

Spirit: Grab your sword made from the Word of God who can judge the thoughts and intentions of the heart. ²⁵ (small pause: 5 seconds)

Amen. (small pause: 5 seconds)

Looking at Jesus, repeat after me: May I, as a knight of Christ / bring You, my King glory.

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

Now let us hear a bit about Saint Joan of Arc, a female knight of Christ.

Many, many years ago, Saint Joan of Arc, at the age of only 17, (That is the age of a high schooler!) led the French army when they were at war with England. She took her directions from God. She would tell Him, *Here I am Lord! I come to do Your will!*" ²⁶

²² 1 Thessalonians 5:8

²³ 1Thessalonians 5:8 and Isaiah 59:17

²⁴ Ephesians 6:11-18

²⁵ Hebrews 4:12

²⁶ <http://www.stjoan-center.com/FAQ/question7.html>

Joan led the French troops riding on a horse someone gave her while wearing knight's protective armor. Joan carried a special banner into battle to keep her army together. The banner had a painting of Jesus on it with an angel on either side of Him.

Joan also had a smaller banner with the word, "Jesus Crucified" on it. The men of her army and the priest would gather around this smaller banner for daily prayer. Communion, Confession, and daily prayer were part of her battle plan. These helped her knights stay strong in their faith and close to God.

Think for a moment on how praying everyday can help you know God better.

(Pause: 15-30 seconds)

Repeat after me:

Jesus, as your knight / help me to listen, / answer and obey You. / Here I am Lord!
/ I come to do Your will.

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

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.

References

Books:

A Biblical Walk Through the Mass, Edward Sri © 2011, West Chester: Pennsylvania: Ascension.

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Sacred Signs, Roman Guardini © 1955, St. Lois: Pio Decimo.

Music:

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

Head to Toe (The Armor of God Song): Be Held : Lullabies for the Beloved, Christy Nockels.

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