



**Guided Children's Hour of Adoration
Younger/Preschool Children
(Version 2 Praise Overview)**

Introduction

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

Opening Prayer

Focus on Jesus

Repeat Line

Jesus Smiling

Repeat Lines of Praise

Prostration

Story of St. Anthony and the Donkey

Repeat Line

Goodbyes to Jesus

Song: *All the Ends of the Earth*

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.

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Guided Eucharistic Adoration for Younger/Preschool Children Version 2 Praise 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:

[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: St. Anthony and the Donkey Color Sheet]

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!

We are about to spend time with Jesus in Eucharistic Adoration. I want to explain a little bit more about what we will be doing. Jesus in the form of Communion bread is placed inside the Monstrance. You can see Jesus in the form of a white host -- a white circle in the clear center of the Monstrance. **(Physically point to/show the clear window out to the children before exposition. This helps reinforce where the children will see our Eucharistic Lord.)** Jesus will really be with us in the chapel today. His Real Presence is hidden within the Consecrated Host. That means His Body, Blood, Soul, and Divinity (His Godship) is the Host, also called the Eucharist.

The Blessed Sacrament is a gift from Jesus to us. How lucky we are to be able to sit in the same room as our Lord -- singing to Him, praying to Him, listening to Him, loving Him, and feeling Him love us.

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....]

Kneelers down. Please 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.

Father/Deacon will now expose Jesus in the Blessed Sacrament as we sing: 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)

_____ 6 minute mark
in plan timing.

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

Key for Pauses

. . . . indicates 1-2 seconds of silence
 small pause: 3-5 seconds
 pause: about 30 seconds
 silence: 30-60 seconds

Leader:

Right now, this very minute, Jesus is here with us in the chapel. . . . Look at Him hidden in the Eucharist. . . . the Blessed Host. (small pause: 3-5 seconds) We come today to adore Jesus, to tell Him that we know that He is God! The white Host in the monstrance is Jesus, our God! (small pause: 3-5 seconds)

With your eyes looking at Jesus in the white host, repeat after me:

I adore You, Jesus! /

I love You, Jesus!

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

Close your eyes. When our Lord sees us coming to visit Him in the Blessed Sacrament He smiles on us. ² **You** are here visiting Jesus. See Jesus in your mind smiling at you! (small pause: 3-5 seconds)

Open your eyes. Look at Jesus and smile back at Him. (small pause: 3-5 seconds)

Please sit.

Now looking at Jesus in the white Host, repeat some lines ³ after me so we can tell Jesus how wonderful He is.

Praise You Jesus, / You are strong. /

Praise You Jesus, / You are great. /

Praise You Jesus, / You keep me safe. /

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

Prostrate: Let us take some quiet time to tell Jesus how great and wonderful He is. Come

² St John the Baptist Vianney

³ St. Francis' The Divine Praises. (adapted)

to kneel now.

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.

Let Jesus know in your mind and in your heart, over and over, that you think He is amazing.

Still your body. . . . Try not to move a muscle or make even a tiny sound . . . Close your eyes. . . . Slow your breathing. . . Tell Jesus: You are great! . . . You are wonderful . . . You are amazing.

(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.)

Look at Jesus now and blow Him a kiss.

Please sit.

"Blest be God by all creation." These words mean that **all** creation: you and me, and all your teachers, and Fr. Dean and every person in the world, and all the saints and angels, and even all animals should be blessing and praising God. Listen now to a story about St. Anthony and a donkey.

We know the truth, that the Blessed Host is Jesus! But once there was a rich man who told St Anthony that he did not believe that the Blessed Host was really Jesus. How sad that he didn't know. The rich man asked St. Anthony to do a contest. The man decided not to give his donkey any food for three days so that the donkey would be very, very hungry. Then they could see if the donkey would choose to eat hay or go to the Eucharist.

So that is what they did! The man did not feed his donkey for three days and St. Anthony fasted and prayed for three days.

On the day of the contest, St. Anthony brought the Blessed Host, Jesus, in a monstrance, to the spot where the donkey was tied. A big crowd was waiting to see what would happen. The rich man placed a large pile of hay 20 feet away from the donkey and

then untied the hungry donkey. At the same time, St. Anthony held high the Blessed Host in the monstrance and called out in a loud voice: "Donkey, in the Name of the Lord Our God, I command you to come here and adore your Creator!"

The donkey ran to where St. Anthony was holding the Blessed Host in the monstrance. The donkey dropped his front legs to the ground, kept his back legs standing, and put his head to the ground. The donkey bowed before the Blessed Host. The donkey was adoring Jesus because Jesus is God!

The rich man was so surprised and so amazed by the donkey adoring Jesus that he begged St. Anthony to forgive him for not believing and began right away believing in the True Presence of Jesus in the Eucharist.

Think about this a moment, even a donkey, an animal, knew to adore God which is something we should be doing every day. (small pause: 2-5 seconds)

So, let us do that now. Let us adore Jesus. With your eyes looking at Jesus in the white host, repeat after me:

"I adore You God, / You are my creator!"

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

Jesus and His great love for us goes with us everywhere. Take a quiet moment with Jesus to say good-bye to Him before we start our closing prayers.

(A moment of silence: 30-60 seconds.)

Please kneel.

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

Song: All the Ends of the Earth in repeat after me fashion.

All the ends of the earth, /
 All you creatures of the sea, / lift up your eyes
 To the wonders of the Lord. / For the Lord of the earth, /
 The master of the sea, / has come with justice for the world. /

[During the song, the minister may incense the Holy Eucharist. After the song is

**** Important**

———— You want to begin closing 5-6 minutes before you want to the Adoration to end.

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, 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.]

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

We will now repeat a few of The Divine Praises⁷ after Father/Deacon. Repeat after the president. (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 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 praise God and we know He loves us. Since we know how much He loves us, we trust that He knows what is best for us therefore, we want to give Him everything that we are. Touch your eyes. Give God your eyes and everything you look at Hold up your hands. Give Him your hands and everything you touch Touch your ears. Give Him your ears and everything you listen to Touch your mouth. Give God your mouth and everything you speak Place your hands on your heart. Give Him your very heart . . . your soul . . . your love.

We are going to say a prayer about trusting God. A prayer about giving God everything that we are. Repeat after me.

Jesus, / You know what is best for me. /
 Jesus, / I give You my ears / and eyes. /
 Jesus, / I give You my mouth / and my words. /
 Jesus, / I give You my hands /and my feet. /
 Jesus, / I give You my heart / and my soul. /

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

Listen and then repeat the following Praises to Jesus:

Praise You Jesus, / You are King of all kings. / Praise You from my home. / Praise You from the roof tops. / Praise You from the highest mountain. / Praise You, Jesus, when I am sad. / Praise You, Jesus, when I am happy. / Praise You, Lord Jesus Christ! ⁸

⁸ Based on: *Secrets of the Eucharist* by Michael Brown

References

Books:

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Secrets of the Eucharist, Michael Brown, Faith Publishing Company.

Music:

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

All the Ends of the Earth: Gather: Comprehensive, Chicago: GIA Publications, Inc. 1994. #520.

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