



**Guided Children's Hour of Adoration
Younger/Preschool Children
(Praise and Adoration 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 Line

Prostration

Repeat line

Gospel: Matthew 15:29-31

Reflection

St. Anthony Story

Repeat Line

Giving God everything

Good-byes

Song: All the Ends of the Earth

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 Praise and Adoration 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.

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!

Today we are going to praise and adore Jesus, our God. We all know that we should thank God for the wonderful things he gives us and surrounds us with. Today/tonight we are going to go beyond that to **praising** God - giving Him glory for just being God - not for what He does for us. We are going to think Wow God! You are awesome! Jesus, You are amazing!

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.

Let us now sing to the Lord with joy!

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:

Our opening song said "*Come adore this wondrous presence.*" We have come today to adore Jesus, to say that we know that Jesus is God! The Blessed Sacrament before us, the white Host in the monstrance is the wondrous, amazing presence of Jesus! (brief pause).

Let us look at Jesus and repeat after me: "We adore You, Jesus!"

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

(Pause long enough for the kids not to repeat the next part.)

Right now, this very minute, Jesus is here before us. (brief pause) Can you feel Him here? **(brief pause)** Close your eyes. St John the Baptist Vianney said, When Our Lord sees us coming eagerly to visit Him in the Blessed Sacrament He smiles on us. **You** are here visiting Jesus. Jesus is smiling at **you!** Imagine Jesus' face. . . . Can you see the joy on His face that you are here to spend time with Him? **(brief pause)** Can you see the smile on Jesus' face for you? . . . His eyes too are filled with love are looking right at you. **(brief pause)** Take a moment to feel Jesus smiling at you and to feel the joy from that smile fill your heart. **(A minute of silence.)**

Open your eyes. Blow Jesus a kiss.

Sit

Looking at Jesus, repeat after me: "Lord, how good it is to be here!" x 2

(Pause long enough for the kids not to repeat the next part.)

Now looking at Jesus in the Blessed Host, you will repeat some lines after me from St. Francis' The Divine Praises. (adapted)

Praise You Jesus, / You are strong.

Praise You Jesus, / You are great.

Praise You Jesus, / You are the Most High.

Praise You Jesus, / You are King of heaven and earth.

Praise You Jesus, / You are love. / You are joy. / You are kind.

Praise You Jesus, / You keep me safe.

(Pause long enough for the kids not to repeat the next part.)

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 for the kids not to repeat the next part.)

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

Prostration - **a couple of minutes**

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.

Slowly and prayerfully, you will repeat silently over and over in your mind and heart the words "Lord, how great You are!" I will say it the first couple of times to get you going and then you continue silently in your head. If it helps, you can close your eyes so you can remain more attentive to Jesus' presence and His love.

Sit

Priest/ Deacon:

‡ A Reading from the Holy Gospel according to Matthew

Response: Glory to You O Lord

"Moving on from there Jesus walked by the Sea of Galilee, went up on the mountain, and sat down there. Great crowds came to him, having with them the lame, the blind, the deformed, the mute, and many others. They placed them at his feet, and he cured them. The crowds were amazed when they saw the mute speaking, the deformed made whole, the lame walking, and the blind able to see, and they glorified the God of Israel." Matthew 15:29-31

The Gospel of the Lord.

Response: Praise to you, Lord Jesus Christ

Leader:

Jesus was able to heal and cure people because He is God! Wow! What an amazing God we have! Think about this for a minute. **(Pause)**

Repeat after me: "Wow Jesus! / You are awesome! / You are amazing! / You are wonderful! / Wow Jesus, You are incredible!"

(Pause long enough for the kids not to repeat the next part.)

Our opening song said, "*Blest be God by all creation.*" That means **all** creation: us, all people, the saints, angels, and all animals should be blessing God. You will now hear the story of St. Anthony and a donkey.

There was a rich man who did not believe that the Eucharist is truly Jesus like we do. One day he went up to St. Anthony where lots of people could hear him and said all of his reasons for not believing in the Real Presence of Jesus in the Blessed Sacrament. Then the rich man challenged Anthony to a contest. He bet that the Real Presence was a lie, and he said that he would not give his donkey any food for three days so that it would be very, very hungry. Then they could see if the donkey would choose to eat hay or go to the Eucharist. St. Anthony said he would do the contest.

The man brought out his donkey and tied it to a pole in town where the donkey could be seen by everyone. The man then did not feed his donkey for three days. At the same time, St. Anthony fasted for three days which means he ate no food. Of course, he also prayed.

On the day of the contest, St. Anthony went to the Church where he took the Eucharist and went to the spot where the donkey was tied and a large crowd was standing. Meanwhile, the rich man had placed a large pile of hay about 20 ft. away from the donkey. St. Anthony took out the Eucharist and the rich man untied the hungry donkey. St. Anthony held up high the Eucharist in a monstrance and called out in a loud voice: "Mule, 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, dropped his front legs to the ground, kept his back legs standing, and put his head to the ground. He was bowing before Jesus who is really present in the Blessed Eucharist which St. Anthony continued to hold high. The donkey was adoring Jesus because Jesus is God!

The rich man was so surprised by what happened and amazed that he begged St. Anthony to forgive him for not believing, started believing in the True Presence of Jesus in the Eucharist right then and there in front of all the town people, and gave money to build a new Catholic Church.

Think about this a moment, even a donkey knew to adore God! Adoring God is something we should be doing every day. (Pause)

Repeat: "Bless You God, / You are my creator!"

(Pause long enough for the kids not to repeat the next part.)

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 for the kids not to repeat the next part.)

Please kneel.

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

Song: All the Ends of the Earth (Repeat song in sections. Use hymnal for words. One verse should be enough.)

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament" ⁴ with three double swings. After the hymn is finished, "the minister rises and sings or says." ⁵]

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.

³ No 97 Holy Communion & Worship of the Outside Mass

⁴ No 97 Holy Communion & Worship of the Outside Mass

⁵ No 98 Holy Communion & Worship of the Outside Mass

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. ⁶

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. ⁷ 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. ⁸ Another server may ring the bells three times, keeping pace with the blessing. ⁹]

Priest/Deacon: Benediction

After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises. ¹⁰]

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.

⁶ No 226 Holy Communion & Worship of the Outside Mass

⁷ No 99 Holy Communion & Worship of the Outside Mass

⁸ Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

⁹ Ceremonies of the Modern Roman Rite no. 688

¹⁰ 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.

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! /

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.]

Looking at Jesus, repeat after me from the Gloria at the opening of Mass: "You alone are the Holy One, / You alone are the Lord, / You alone are the Most High, Jesus Christ, / with the Holy Spirit, / in the glory of God the Father."

(Pause long enough for the kids not to repeat the next part.)

Listen carefully a few lines taken from The Divine Praises written by St. Francis of Assisi. Look at Jesus in the Monstrance or close your eyes. Let Jesus speak to you in the words of the prayer. (adapted)

Praise You Jesus, You are holy, Lord, the only God, and Your deeds are wonderful.
Praise You Jesus, You are my eternal life, Great and Wonderful Lord, God
Almighty, Merciful Savior.

Listen and then repeat the following Praises to Jesus: (Repeat in sections.)

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! ¹¹

(Pause long enough for the kids not to repeat the next part.)

Keeping your eyes upon Jesus in the Monstrance, we are going to have silence mixed with me saying lines of praise from the Psalms. Listen to Jesus talking to you in the words and also in the silence of your hearts. (Pause between lines)

"Praise the Lord, my soul; I shall praise the Lord all my life" Psalm 146:1

"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-

¹¹ *Secrets of the Eucharist*, Michael H. Brown
www.guidedchildrensadoration.com

"Bless the Lord, my soul; all my being, bless his holy name! Bless the Lord, my soul; do not forget all the gifts of God, who pardons all your sins... fills your days with good things.... Merciful and gracious is the Lord, slow to anger and abounding in kindness." Psalm 103:1-3,5,8

We are going to praise and adore Jesus. I will say a line and you will say after each line: I Adore You! **(Practice the response)**

Response: "I adore You!"

You are Christ, the King.
 You are the Lord of lords.
 You are the Lamb of God.
 You are the Way for our life.
 You are the only Truth.
 You are the Real Life.
 You are the Wonderful Counselor.
 You are the Prince of Peace.
 You are the Light of the World.
 You are the Good Shepherd.
 You are the Bread of Life.
 You are the Beginning and the End.
 You are all that I need.
 You are all that I want.
 You are worthy of all praise!

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

Repeat: O Jesus, I love You! (Fatima prayer) . . . O Jesus, I Adore Thee! . . . O Jesus, I love You!

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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Secrets of the Eucharist, Michael H. Brown, Queenship Publishing Co. 1996. Used with permission.

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.

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.

The Divine Praises

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.

Repose Song: Holy God We Praise Thy Name

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!

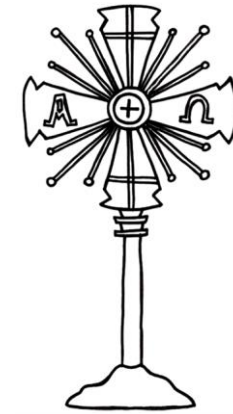
Hark, the loud celestial hymn; Angel choirs above are rising;
 Cherubim and Seraphim, In unceasing chorus praising,
 Fill the heavens with sweet accord: Holy, holy, holy, Lord!

Holy Father, Holy Son, and Holy Spirit: three we name Thee,
 Though in essence only one; Undivided God we claim Thee,
 And adoring bend the knee while we own the mystery.

I Adore You Jesus!

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EUCCHARISTIC Adoration for Youth



Exposition Song: Come Adore

Gather: Comprehensive #888

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.

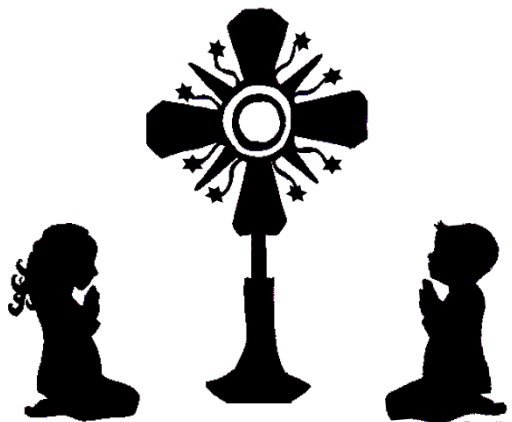
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Song: All the Ends of the Earth

Gather: Comprehensive #520

Prayer to Jesus in the Blessed Sacrament

Hail to You, Lord Jesus Christ, present in the Blessed Sacrament. We hail You, our Savior and Redeemer of the world. You are the King of heaven and earth, our joy and the eternal spring of Grace. Before You returned to the Father in the Ascension, You promised never to leave us orphaned. How wondrously You fulfilled this promise in the gift of the Eucharist, by which Sacrament You are with us until the end of time. Bread of Heaven, we praise You and ask Your continued mercy upon our nation and upon ourselves as well. May glory be given to the Holy Sacrament, the true Body and Blood of Christ, both now and forever. Amen.



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Song: Joyful, Joyful, We Adore Thee

Gather: Comprehensive #528



I will always praise
the Lord!



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