



**Guided Children's Hour of Adoration  
Younger/Preschool Children  
(Prayer Theme Overview)**

Intro

Exposition of the Eucharist - kneeling and Song: Come Adore

Opening Prayer

Matthew 19:14 and Jesus blessing the children

Focus on Jesus' true presence in the Eucharist in the Monstrance.

Repeat Line

Fatima prayer -- repeat

Thanksgiving

Praise Jesus

Prostration

Petitions and Intercessions

Repeat after Prayer

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 Prayer 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.

Prayer is very, very important. It is very much needed as we live our lives. [Prayer is a vital necessity. <sup>1</sup>] So today we will focus on the different kinds of prayers: blessings and adoration -- where we meet with God, prayer of petition or intercession -- where we ask for our needs, prayer of thanksgiving -- where we say thank you, and prayer of the praise - - when we show we know God is God.

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.

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<sup>1</sup> Catechism of the Catholic Church 2744  
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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. <sup>2</sup>]

**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. <sup>3</sup>

**Leader:**

We remember the words of Jesus, "*Let the children come to me, and do not prevent them; for the kingdom of Heaven belongs to such as these.*" (Matthew 19:14) Jesus would lay His hands on the children who came to see Him and He would bless them. Jesus is blessing each of you **now** as you kneel before Him in adoration.

**Jesus is here before us.** He is hidden in the Eucharist, in the white Blessed host in the middle of the monstrance. He is hidden, but **he is here!** (brief pause) Close your eyes and feel Jesus' presence now , . . . feel His love touching your heart. . . . (brief pause) Picture

<sup>2</sup> Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

<sup>3</sup> No 224 Holy Communion & Worship of the Outside Mass  
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Jesus' face . . . picture Him smiling at you . . . He is so happy you are here visiting with Him.  
(A minute of silence.)

Open your eyes. Blow Jesus a kiss.

Sit

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

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

We want Jesus to know that we love Him so looking at Jesus again, 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.)

Thanksgiving: We are going to take time to thank Jesus for some of our blessings. I will say something we will be thinking Jesus for and you will say: "We thank you Jesus." Let's practice that now: "We thank You, Jesus."

Response: "We thank You, Jesus"

For the gift of life, and every moment that we live. **R**

For the world around us. **R**

For the moon and the stars. **R**

For the refreshing rain and the glorious sunshine. **R**

For the very air we breathe. **R**

For creating us. **R**

For guarding us and keeping us safe. **R**

For having lived, suffered, and died for us. **R**<sup>4</sup>

For loving us. **R**

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

Thanksgiving - Now think about all the good things that God has given each one of you-your parents, siblings, friends, sports, favorite foods, the Mass, the Eucharist, everlasting life, and even things like rainbows, baseballs, toys plus all the countless other wonderful things God gives us. Think about the blessings and graces God has given **you** and thank Him for those silently into your head. (Say the following in a quiet voice to guide the children to know what to do.) So say: thank you Jesus for . . . and thank you Jesus for . . .

<sup>4</sup> A condensed version of a prayer by John J Cardinal Carberry, Archbishop of St Louis Dec 8, 1977

(Couple minutes of silence.)

Now, let us take some time to praise our Jesus. Praise says we know God is God and that we give Him glory. ["Praise is a form of prayer which recognizes the most immediately that God is God" <sup>5</sup>]

Looking at Jesus in the Blessed Sacrament in the monstrance, repeat after me: Jesus, / "You are God: / we praise you." <sup>6</sup>

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

Repeat again with me the following Praises to Jesus:

Praise You Jesus on Your heavenly throne. / Praise You Jesus in the Blessed Host. / Praise You Jesus for all Your wonderful work. / Praise You Jesus with music and dancing. / Let everything that breathes / give praise to the Lord. / I give praise to you my Jesus! (Psalm 150 adapted)

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

Prostration - a couple of minutes

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.

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

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<sup>5</sup> no 2668 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.

<sup>6</sup> Te Deum

Let's take a moment to think about Petitions and intercessions, things we might want to ask Jesus for -- for ourselves and for others. Jesus says in the gospel of Matthew "Ask and it will be given you; seek and you will find; knock, and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened." (Matthew 7: 7-8)

Ask Jesus in your heart for any special needs that are dear to your own heart

(Pause)

Look at Jesus and the monstrance and repeat after me: Thank you Jesus / for hearing my prayers. / Jesus, / I trust in you.

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

(if needed) Our Father, Hail Mary, and/or Glory Be

Please kneel.

[The priest or deacon goes to the altar, genuflects, and kneels. <sup>7</sup>]

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 / <sup>8</sup>

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

<sup>7</sup> No 97 Holy Communion & Worship of the Outside Mass

<sup>8</sup> by Karl Kohlhasse

[During the song, if altar servers are available, "the minister, while kneeling, incenses the sacrament"<sup>9</sup> with three double swings. After the hymn is finished, "the minister rises and sings or says."<sup>10</sup>]

**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.**<sup>11</sup>

**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 which is another form of prayer in which there is an encounter between God and man/us. (Catechism of the Catholic Church 2626). (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.<sup>12</sup> 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.<sup>13</sup> Another server may ring the bells three times, keeping pace with the blessing.<sup>14</sup>]

<sup>9</sup> No 97 Holy Communion & Worship of the Outside Mass

<sup>10</sup> No 98 Holy Communion & Worship of the Outside Mass

<sup>11</sup> No 226 Holy Communion & Worship of the Outside Mass

<sup>12</sup> No 99 Holy Communion & Worship of the Outside Mass

<sup>13</sup> Strictly speaking, incensation is three double swings per phone call on Oct 24, 2014 to USCCB's Office of Divine Worship to clarify.

<sup>14</sup> Ceremonies of the Modern Roman Rite no. 688



Priest/Deacon:  
Benediction

After replacing the Monstrance on the altar, the priest/deacon kneels and leads those assembled in the Divine Praises. <sup>15]</sup>

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! /

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<sup>15</sup> 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.]

### Eucharistic Prayer of Adoration (Repeat in sections.)

O Most Holy Trinity, / I adore Thee! / My God! My God! / I love You in the Most Blessed Sacrament!

### 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!

The Our Father is the only prayer that Jesus taught to His disciples so think about how important this prayer's words are to Jesus. Pray an Our Father

Sing: Thank You, Lord (Repeat in sections. See hymnal for words.) by Diane Davis

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)

Looking at Jesus, repeat after me: Lord, / how great you are!

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

## References

### Books:

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*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](http://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.

Thank You, Lord

