

# GUIDED EUCHARISTIC HOLY HOUR

## *CK101 Script #4 - "Tears"*

### **EXPOSITION OF THE MOST BLESSED SACRAMENT**

As we begin, the prayer leader says:

*Boys and girls, please stand when Father/Deacon enters and then kneel when he opens the tabernacle. We will sing, "O Saving Victim," found in your program, when Father exposes Jesus in the Blessed Sacrament, placing the Host in the monstrance on the altar.*

*O Saving Victim, open wide,  
The gate of Heaven to man below,  
Our foes press on from every side;  
Thine aid supply, Thy strength bestow.*

*To Thy great Name be endless praise,  
Immortal Godhead, one in Three!  
Oh, grant us endless length of day,  
In our true native land, with Thee! Amen.*

### **GREETING JESUS AND OPENING PRAYERS**

(We are still kneeling) After Father/Deacon exits: *Jesus, we are so happy to be to be here to make our visit with You. (pause) Thank You, Jesus! Thank You for always being here for us. (long pause)*

*Lord, we begin by calling upon our Holy Guardian Angel and all the Holy Angels here with us right now. We ask the Holy Angels to help us adore You. Together we pray the first prayer found on the back of our program: "Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side to light, to guard, to rule and to guide. Amen." (pause)*

*We also call upon the mighty Prince of the Heavenly Host, Saint Michael. Together we pray: “Saint Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do Thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits, who prowl throughout the world seeking the ruin of souls. Amen.” (long pause)*

*Jesus, we know there is nobody who ever loved You more than our beautiful Blessed Mother Mary loved You. We now ask her to help us love You, Jesus! (pause) We entrust ourselves to her by praying together: “Holy Mary, I want to belong to you. I give you my whole self and all the good things I do: at home, at school, at Church and at play. My Mother! I am all yours, and all I do belongs to you to give to Jesus. Amen.” (long pause)*

*Yes, all that we have, all that we are, belongs to You, Jesus. (long pause) We want to tell how much we love You, Jesus, by praying our “100,000 Heartbeats Prayer.” Together we pray: “Most Sacred Heart of Jesus, truly present on the altar in the little white Host, I love You! I love You with all my heart and I know You love me with all Your Heart! Jesus, my heart beats around 100,000 times a day. I want each one of my heartbeats to say: Jesus, I love You! Jesus, I love You! Jesus, I love You!” (very long pause)*

## **ROSARY DECADE PREPARATION WITH BIBLE STORY**

*Jesus, I’m going to invite the boys and girls to sit now, as we prepare our hearts to offer You our Rosary decade by reading a Gospel story in our Bible.*

*(Be seated) Boys and girls, open up your Bibles to page 226. Let’s take a look at that picture. (Prayer leader now reads the story from the “New Catholic Picture Bible” by Father Lawrence Lovasik. The only adjustment is the prayer leader will always change the text in the places needed to **address Jesus directly** by talking **to** Him instead of **about** Him.)*

*Jesus, at the Last Supper You promised to send the Holy Spirit, the Third Person of the Blessed Trinity, to the apostles. The Holy Spirit would strengthen them and be with them always.*

*After Your ascension into heaven, Your apostles and disciples gathered together in an upper room with Mary, Your Mother, and the holy women. Numbering about one hundred and twenty persons, they spent their time in prayer.*

*On the tenth day, a sound like a mighty wind filled the whole house, and tongues of fire came down upon the head of each one of them. The apostles were filled with the Holy Spirit and began to speak in many strange tongues.*

*Before the descent of the Holy Spirit, the apostles were afraid. After they had received the Holy Spirit, they were filled with courage and feared nothing.*

*Peter, who had denied You Jesus, his Master, three times, came forth with the other apostles, and stood before the crowd. “Men of Israel,” he said, “hear these words: Jesus of Nazareth whom you have crucified and put to death by the hands of wicked men, God has raised up. We are all witnesses. And now that He has been taken up into heaven and is at the right of God, He has poured forth His Holy Spirit, which you see and hear, even as He promised.”*

*About three thousand persons were converted by this first sermon. They were baptized and united with the rest of the disciples. And they continued faithfully in the teaching of the apostles and in the Communion of the breaking of the bread and in prayer.*

*After the feast of Pentecost, the apostles went out into the world and preached Christ crucified. They performed many miracles and converted many people. The Church, founded by You Jesus, will last to the end of time because You sent the Holy Spirit to strengthen, guide, and keep it from error, and because You said, “Behold, I am with you all days, even to the end of the world.” (long pause)*

*Jesus, for our Rosary intention tonight, we pray for big sinners. (pause)*

*We pray for people who have hard hearts and do not think they need You to be their Savior. We ask that the Holy Spirit touch their hearts so that they will accept the special graces You want to give big sinners tonight.*

*Jesus, as we say in the prayer at the end of our Rosary decade: Lead all souls to heaven, especially those most in need of Your mercy.*

## PRAYING THE ROSARY DECADE

*Boys and girls, let's take out our Rosary beads now and kneel down. (kneel) Find the Crucifix on the end of your Rosary beads. Let's give the Crucifix a kiss. (kiss the Cross) Thank You, Jesus, thank You for dying on the Cross for me. Let's make the Sign of the Cross together: "In the name of the Father and of the Son and of the Holy Spirit. Amen."*

*Now find the third decade on your Rosary beads. 1, 2, 3 (pause) Jesus, with all the love in our hearts, we offer You the third Glorious Mystery, The Descent of the Holy Spirit.*

*Boys and girls, I'll say the first part of the prayer, you say the second. (pause) (Prayer leader) "Our Father, who art in Heaven, hallowed be Thy name. Thy Kingdom come. They will be done, on earth as it is in Heaven. (Boys and girls) Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil. Amen." (Prayer leader) "Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. (Boys and girls) Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen." (9 times)*

*Boys and girls, we come now to our last "Hail Mary." We pause and call this one our "Golden Hail Mary." What special intentions do you need to bring to Jesus? Are you worried about something to do with school? Is there someone in your family who needs prayers? If it is important to you, it is important to Jesus because you are so important to Him! Tell Jesus everything. He is listening. (Very long pause) Jesus, we gather up all our special intentions and lay them before Your throne as together we pray: Hail Mary...*

*Boys and girls, let's bow our heads down low and adore the most Holy Trinity. (Very long pause of adoration silence.) Together we pray: "Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen."*

*Let's come back up slowly now and look right at Jesus on the altar. (pause). This next prayer is one that Blessed Mother taught the three children at Fatima. Our Lady asked that this be prayed at the end of each Rosary decade. (pause) Jesus, we know this must be very important. (pause) Boys and girls, let's hold out our hand towards Jesus (extend your hand) Together we pray: "O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to Heaven, especially those most in need of Thy mercy. Amen." (pause) Let's find the Crucifix again at the end of our Rosary beads and give the Cross a kiss. (kiss the Cross) Together we make the Sign of the Cross: "In the name of the Father, and of the Son, and of the Holy Spirit. Amen. Boys and girls, have a seat. (very long pause)*

## SAINT OR STORY MEDITATION

*Jesus, our meditation tonight is called "Tears." It is based on a story that was first told by a priest named Father Winfred Herbst. It begins like this:*

*A great big sinner was once brought to a hospital for he was very sick and unto death. He had led a very wicked life and was now about to appear before his Judge, You Jesus, when he died. For whether we are good or bad, we all must go back to God. All must die and after death comes the judgement.*

*Now when this great big sinner, who had committed murder and robbery and many other dreadful crimes, arrived at the hospital, a nun who was given charge of him offered him a crucifix to kiss.*

*Did he kiss it?*

*Yes, he did! For he was **truly** sorry for all his sins!*

*The poor sinner kissed that crucifix over and over again. He thought of how good God had always been to him and how bad he had been to God and he cried and cried as though his heart was about to break! Such was the poor sinner's abundance of tears that the nun had to use one handkerchief after the other in order to dry them.*

*You see, this poor sinner had received a grace called THE GIFT OF TEARS. Perhaps he had been good to someone at some period in his life, for his heart had not become totally and completely hardened by sin.*

*Finally, the poor sinner died, still weeping over his sins as he took his final breath. (pause)*

*Now it happened that another sick man, who was known to be a holy man, was lying in the hospital bed next to the poor sinner who had just died. This man wondered to himself, "What will be the result of his judgement?"*

*Jesus, you answered his prayer by immediately showing him a vision of the poor sinner's judgement! He saw an Angel put all of the poor sinner's crimes or sins on one scale on the side of a huge balance.*

*Down it went! Down to the very bottom, and up went the scale on the other end of the beam, for the sins were so heavy!*

*“Now,” thought the holy man, “what can the Angel put on the other side of the scales of justice that will balance that fearful weight of sins?”*

*Then he saw the Angel put on the other side one little tear-soaked handkerchief that the nun had used to wipe away the poor sinner’s tears of sorrow.*

*Barely had the Angel placed the little tear-soaked handkerchief there when down it went and up came the other side, as though it were light as a feather! (pause)*

*Then the holy man understood!*

*He understood that the tears of heartfelt sorrow for having offended You, Jesus, weigh more to You than years and years of sin!*

*He understood that perfect contrition, which is sorrow and hatred for sin because it offends You Jesus, blots out all sin in the wink of an eye! It causes You to forgive and to forget forever!*

*And remember this: they need not be real tears from the eyes. If only the heart weeps, it is enough.*

*The heart weeps when it turns with true love towards You, Jesus, with genuine sorrow for sins because You are so good and deserving of all our love! (long pause)*

*Boys and girls, do you know the Act of Contrition? Let’s pray it together right now: O my God, I am heartily sorry for having offended Thee, and I detest all my sins, because I dread the loss of heaven, and the pains of hell; but most of all because they offend Thee, my God, Who are all good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.*

## **QUIET PRAYER TIME**

*Boys and girls, let’s have a little quiet prayer time, and talk with Jesus, Heart to heart, right now.*

One minute before Father/Deacon and the altar servers enter for Benediction:

*Jesus, in a moment, Father/Deacon is going to come and lift You high in Benediction. I know that You want to pour out many graces upon the children, upon their families and upon our entire world! Boys and girls, open your hearts wide to receive all that Jesus wants to give you today!*

## **BENEDICTION OF THE MOST BLESSED SACRAMENT**

*Let's take out our program now and find the Benediction Hymn. We will sing together when Father/Deacon and the servers enter.*

*Down in adoration falling  
Lo! The Sacred Host we hail;  
Lo! o'er ancient forms departing,  
Newer rites of grace prevail;  
Faith for all defects supplying  
Where the feeble senses fail.*

*To the everlasting Father,  
And the Son who reigns on high,  
With the Holy Ghost proceeding Forth from each eternally,  
By salvation, honor, blessing,  
Might and endless majesty. Amen.*

*Priest/Deacon: You have given them Bread from Heaven.*

*All: Having within It all sweetness.*

*Priest/Deacon: Let us pray. Lord Jesus Christ, you gave us the Eucharist as the memorial of Your suffering and death. May our worship of this Sacrament of Your Body and Blood help us to experience the salvation You won for us, and the peace of the kingdom; where You live with the Father and the Holy Spirit, One God, forever and ever.*

*All: Amen.*

*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.*

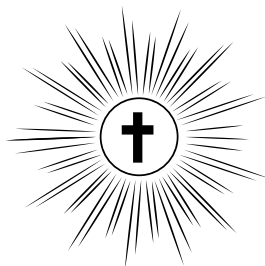
When Father/Deacon puts the Blessed Sacrament back into the tabernacle and closes the tabernacle doors, say: *Boys and girls, let's stand and sing "Immaculate Mary."*

As Father/Deacon and the altar servers start to exit, sing:

*Immaculate Mary, your praises we sing;  
You reign now in splendor with Jesus, our King.  
Ave, ave, ave Maria! Ave, ave, Maria!*

After Father/Deacon and the altar servers have left the Church, turn towards the children and say: *Jesus is so happy that you came to make a visit with Him. Remember, He's always here in the tabernacle for you to come and make your visits with Him. Have a great week and we'll see you at our next Guided Eucharistic Holy Hour.*

If you have not read the booklet, "VISITING JESUS – A Simple Plan to Begin Guided Eucharistic Holy Hours for Children," please go online to *Catholic Kids 101* for your free download. Questions? Go to *Catholic Kids 101* and click the "Contact Us" page.



**Catholic Kids 101**  
*We are kids telling kids about Jesus!*