

**A GUIDED EUCHARISTIC HOLY HOUR FOR CHILDREN
THE PRAYER LEADER'S
WEEKLY WORKSHEET TEMPLATE**

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 with You this evening to make our visit with You. (pause)

*Lord, we'd like to call upon our Holy Guardian Angel and all the many "myriads and myriads" of Holy Angels present here with us right now and ask the Holy Angels to help us **adore** You. Together we pray: "**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)*

*Next, we call upon the mighty "Prince of the Heavenly Host," St. Michael. We ask St. Michael to help keep us **from being distracted** so we can keep our focus only on You, dear Jesus.*

*Boys and girls, together we pray: "**St. 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.**"*

(pause)

Finally, we ask our beautiful Blessed Mother Mary to help us **love** You, Jesus. There is no person who ever loved You more than she did! 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.”** (pause)

Jesus, we do **love You!** We pray together our 100,000 Heartbeats prayer: **“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!...”** (long pause)

ROSARY DECADE PREPARATION

Jesus, You know how each week we love to offer You our Rosary decade. Tonight we offer You

_____ Mystery, the/Your _____.

(Be seated) Boys and girls, open up your Bibles to page _____. Let’s take a look at that picture.

(Prayer leader reads one of the appropriate Bible stories from the “New Catholic Picture Bible” by Father Lawrence Lovasik. We recommend the pdf entitled “Rosary Bible Stories” from the “Begin Guided Holy Hours” page on the “Catholic Kids 101” website. The “Rosary Bible Stories” pdf will show how to talk **to** Jesus, not **about** Him during the Holy Hour.)

PRAYING THE ROSARY DECADE

Boys and girls, let’s take out our Rosary beads 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, for dying on the Cross for me.

We make the Sign of the Cross together: **“In the name of the Father and of the Son and of the Holy Spirit. Amen.”**

Now let’s find the _____ decade on our Rosary beads. **(pause)**

Jesus, as our special intention tonight, we offer this decade for:

_____.

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." (10 times)**

(Optional: You can also pray the "Hail Mary" 9 times and then say: "Jesus, we have come now to our 10th Hail Mary. We call this our "Golden Hail Mary." If the boys and girls have any very special prayer intentions, they are going to tell you, Heart-to-heart, about those right now. (very long pause) 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) as we offer Him this very special prayer. 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, MEDITATION OR BIBLE STORY OF THE WEEK

QUIET PRAYER TIME

Boys and girls, let's continue to talk with Jesus, Heart-to-heart, now.

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

"O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine." (pause)

Jesus, in a moment, Father/Deacon is going 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

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.*

***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 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 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 and the altar servers have left the Church, turn towards the children and say:
Jesus is so happy that you came tonight! 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.

ADDITIONAL NOTES:



Please go to **CatholicKids101.com** for your free download of:
“VISITING JESUS – A Simple Plan to Begin Guided Eucharistic Holy Hours for Children.”

Questions? Go to **CatholicKids101.com** and click the “Contact Us” page.

Jean Prather

CatholicKids101

“We are kids telling kids about Jesus!”