



# VISITING JESUS

A SIMPLE PLAN TO BEGIN  
GUIDED EUCHARISTIC HOLY HOURS  
FOR CHILDREN



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**UNLESS YOU TURN FROM YOUR SINS  
AND BECOME LIKE LITTLE CHILDREN  
YOU WILL NOT ENTER THE KINGDOM OF HEAVEN  
MATTHEW 18:3**



# LET THE CHILDREN COME TO ME



We begin this booklet with a brief Church history lesson that will demonstrate how children’s prayers, especially prayers offered before Jesus in the Most Blessed Sacrament, were a “spiritual nuclear bomb” against the forces of evil. We can then ask ourselves: could bringing *our* children before Jesus in the Most Blessed Sacrament through Guided Eucharistic Holy Hours be a remedy to combat so many of the evils we face?

In 1910, Pope Saint Pius X decreed that children who have reached the “age of reason” (around age seven) be permitted to receive Our Lord in Holy Communion.\* The usual age prior to that had been twelve years old. The Pope explained why he lowered the age: “The pages of the Gospel show clearly how special was that love for children which Christ showed while He was on earth. It was His delight to be in their midst ... He embraced them; and He blessed them. At the same time, He was not pleased when they would be driven away by the disciples, whom He rebuked gravely with these words: ‘Let the little children come to Me, and do not hinder them, for of such is the kingdom of God.’ It is clearly seen how highly He held their innocence and open simplicity of their souls on that occasion when He called a little child to Him and said to the disciples: ‘Amen, I say to you, unless you turn and become like little children, you will not enter into the Kingdom of Heaven ... And whoever receives one such little child for My sake, receives Me.’”

\**Quam Singulari*, Pope Saint Pius X, 1910



WOULD NOT IT BE TRUE THEN THAT 1,000'S AND 1,000'S  
OF CHILDREN WILL MOVE THE SACRED HEART OF JESUS?

- POPE BENEDICT XV





Before his death in 1914, Pope Saint Pius X saw the threat of World War I become a terrible reality. His urgent calls for peace had been ignored. The continued calls for peace by his successor, Pope Benedict XV, were ignored in the same way.

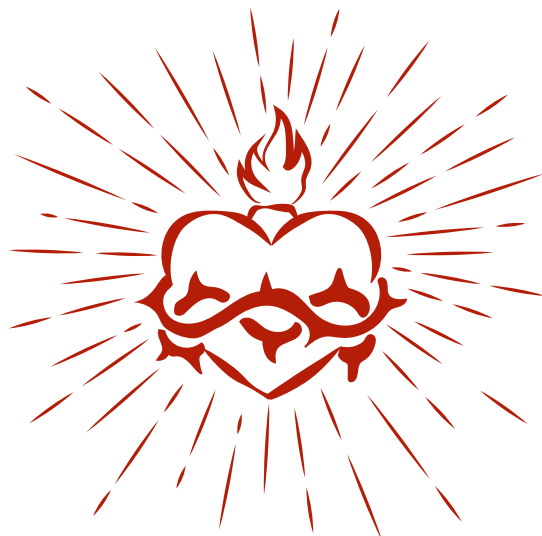
Pope Benedict XV's July 1, 1915 memorandum for peace was unanimously rejected by the nations at war. A year later, he sent a request to the bishops of the nations at war asking that all children in their dioceses receive Holy Communion in a solemn manner for the intentions of the Pope. On Sunday, July 30, 1916, these nations witnessed thousands of children, older children and now very young children, receiving Holy Communion and uniting their prayers and sacrifices to the Sacrifice of Our Lord for the conversion of the world and the end of World War I.

The following is an excerpt of the Holy Father's homily from that day, referenced as: "Meeting With Children of Rome and Europe."

"...We look for solace in the thought that the innocence of children will be more pleasing to God than the penance of adults... see the power of your prayers! A power that comes directly from your innocence. Because in God's presence, the supplication of a pure heart is much more efficacious than the one of a penitent heart. A power generated by your lack of human strength because it is the custom of the Almighty to confound the deluding strength of this world by accepting what the world considers weakness...

We have exhorted and we have prayed; all in vain.

Maybe God... will be appeased by the innocent lament of the children, because it is a lament of the just. A lament according to the heart of His Son, the Redeemer of the world. One child only, by the splendor of his grace, moves the heart of God. Would not it be true then, that thousands and thousands of children will move the Sacred Heart of Jesus?"





During this same period of time, Jesuit Father Albert Bessieres proposed a crusade to twenty-eight children in Bordeaux, France. Under his direction, “Treasure Sheets” were created for the children. They began to write down their daily prayers and sacrifices offered for the end of the war and the salvation of the soldiers. The “Croisade des Enfants” (*Children’s Crusade*), renamed “Croisade Eucharistique” (*Eucharistic Crusade*), was approved by the Archbishop of Bordeaux. Within months, it spread to over sixty-five French dioceses and then far and wide to other countries. It would be by the *millions* of prayers and sacrifices on the part of the children that this effort would continue for the end of the war.

Providentially, during this same period of time, in the Spring of 1916 the Angel of Peace was sent from Heaven to interrupt the games of three little shepherds: Lucia, age ten, (Saint) Francisco, age nine, and (Saint) Jacinta, age seven, in Fatima, Portugal. During this first visit, the Angel commanded, “Pray with me!” Then the Angel taught the children the prayer, “My God, I believe, I adore, I hope and I love You. I beg pardon for those who do not believe, do not adore, do not hope and do not love You.” Repeating this prayer, the Angel bowed his forehead to the ground. He told the children, “Pray like this. The Hearts of Jesus and Mary are attentive to the voice of your supplication.”

In the Fall of 1916, during his final visit, the Angel of Peace appeared holding a chalice with the sacred Host above from which drops of Precious Blood were falling into the sacred vessel. Leaving the chalice and the Host suspended in the air, the Angel bowed his head to the ground in adoration to the Most Blessed Sacrament and taught the children to do the same along with another prayer in honor of the Most Holy Trinity. This indeed could be called a Guided Eucharistic Holy Hour for children!





In the following year, in a letter dated May 5, 1917, Pope Benedict XV made another appeal for peace. In his letter, he ordered that the invocation: “Queen of Peace, pray for us!” be inserted into the Litany of Loreto. Eight days later, our beautiful Blessed Mother, the Queen of Peace, was sent from Heaven to the three little shepherds in Fatima. This was the beginning of a series of unprecedented visits. “This war will end,” Our Lady told the children in July. The Queen of Peace had been sent by God to offer His supernatural plan for peace, the call to conversion, *done with and through children!*







## THE REMEDY IS THE SAME NO MATTER WHAT CENTURY WE LIVE IN

Does it often seem to you like our world today is spinning out of control? I am sure the people who faced the challenges of World War I thought their world was spinning out of control also. However, the remedy is the same no matter what century we live in. Pope St. Pius X reminded us in his beautiful encyclical when he repeated what Jesus said, “Let the little children come to Me.” It is as simple as that. We need to bring our children to Jesus. And it is worth repeating again what Pope Benedict XV asked, “Would not it be true then, that thousands and thousands of children will move the Sacred Heart of Jesus?” If we begin to do this, then things will begin to change.

The next section of this booklet contains the simple step-by-step plan to implement Guided Eucharistic Holy Hours for children in your parish. Before we go through the steps, I’d like to share some incidents I have personally experienced and witnessed praying with children before Jesus in the Blessed Sacrament. For many years I worked as an Elementary Director of Religious Education at a vibrant parish in the Archdiocese of St. Paul - Minneapolis where regular times of Guided Eucharistic Adoration for children were at the heart of all the parish programs for children.



I recall one particular time when our Pastor invited the Archbishop, of happy memory, to join us for a Guided Eucharistic Holy Hour. It took place on a Saturday during a parish children's retreat. When the Archbishop arrived, he looked burdened. His coloring was ashen and he was not his famous "Irish self."

After the Guided Eucharistic Holy Hour, I went into the sacristy and what a transformation! The Archbishop's cheeks were pink and he was smiling. He greeted me warmly and said he felt all his burdens lift during our time before the Blessed Sacrament. He stated that the prayers of children are very powerful and he stressed that he wanted the children to continue praying for him. He also asked to be invited back again the next time we had a large group of children for a Guided Eucharistic Holy Hour. He was invited back and he did indeed come again, so touched was he by the experience.





I also have a vivid memory of a six-year-old, preparing for her First Holy Communion, who told me before visiting Jesus not only what the word "transubstantiation" means but then, to my great surprise, proceeded to spell the word perfectly for me too! (*Tran-sub-stan-ti-a-tion* is the miracle of the changing of the bread and wine into the Body and Blood of Jesus by a Catholic priest).

Then there was the child who unabashedly announced to a group of eighty children getting ready to make their visit with Jesus that they had to pray for his friend at school who had cancer because Jesus was going to make his friend well again. They did and He did.

I can also remember one day in December when a little boy excitedly told me before a visit with Jesus that "Christmas" *really* means "Christ's Mass."

And then there was the group of first graders who spontaneously waved to Jesus, blew Him kisses and told Him they loved Him as we walked by the Church because they knew, without a doubt, that He was there in the tabernacle.





I often remind the children, “If something is important to you, then it’s important to Jesus because you are so important to Him!” I realized I needed to speak this truth often after having a conversation with a child who was happily telling me all about his karate class. At one point I was inspired to ask him, “Do you ever tell Jesus what you are telling me?” He was just stumped. After thinking about it for a moment he asked, “But do you really think Jesus would care about my karate class?” Then he added, “I didn’t think He would be interested in that.” It was the first time I remember saying, “If it’s important to you then it’s important to Jesus because *you* are so important to Him!” I will never forget the look in his eyes when the truth of what I said started to register. It was like a whole new world opening up for him and that truth is what *all children* need to understand.

During our visits with Jesus, we always have a period of “quiet prayer time” where we speak with Jesus Heart-to-heart. I will say, “Jesus, the boys and girls are going to talk with you Heart-to-heart now during our quiet time of prayer. They know they can talk with You about anything. If it is important to them then it’s important to You because they are so important to You, Jesus!”





## GUIDED HOLY HOURS CAN BE IMPLEMENTED IN YOUR PARISH TOO

Fast forward, I currently live in the beautiful town of Ave Maria in sunny Florida. Ave Maria, FL is also affectionately known as “Our Lady’s Town.” I am very blessed to be part of a team that leads a weekly Guided Eucharistic Holy Hour for children in our parish Church, which is in the very center of our town.

In the next section, I am going to share how the Guided Eucharistic Holy Hours for children have been implemented successfully as a weekly event in our parish and how Guided Holy Hours can be implemented in your parish too.





## GUIDED EUCHARISTIC HOLY HOURS FOR CHILDREN

# THE SIMPLE PLAN



To make a visit with Jesus can be as easy as walking into a Catholic Church or Chapel, genuflecting to Jesus in the tabernacle, going into the pew and sitting quietly with Him. The great Saint John Vianney once asked a man who came often to Church what he did during his visits with Jesus. The man responded, “I just look at the good Lord and He looks at me.”

When bringing a group of children to Jesus for a Guided Eucharistic Holy Hour with Benediction, there is a bit more to it.

Before we continue with the simple step-by-step plan, the most important thing to remember is that the main, core, number-one motivation for us in bringing the children to Jesus must be love. We bring the children to Jesus because we love the Lord! Through our own personal encounters with Him, praying before the Blessed Sacrament, we have experienced His great love for us and we want the children to experience this great love as well. Love must always be at the heart of all we do concerning the Guided Eucharistic Holy Hours. There are other important reasons we bring the children to Jesus such as unleashing the great power of their innocent prayers for our world. However, first and foremost, this effort must always be a labor of love on our part, otherwise we can easily be overcome by the obstacles that can sometimes arise in beginning and persevering in this good work.



Guided Holy Hours for children almost always take place in a parish Church setting or the parish school Chapel under the leadership and approval of the pastor. Associate priests and deacons are also often involved. There is Benediction of the Most Blessed Sacrament at the end of each Guided Holy Hour so a priest or deacon is necessary for this. It is important for the children to see priests and deacons on a regular basis in this way. They begin to identify with them as their spiritual fathers. They see that their visits with Jesus must be very important for Father or Deacon to take the time to come and expose the Blessed Sacrament for them and do Benediction. The priest or deacon praying together with the children in this way is a very powerful combination!

There is also the role of a “prayer leader” who guides the prayer time and rhythm of the Holy Hour. This can be the parish DRE, a teacher, catechist, or parent. Of course, the priest or deacon can also be the prayer leader. It just depends on the situation in your parish. I know priests who lead the times of Eucharistic Adoration for children. I also know priests and deacons who would prefer not to be the prayer leader in this particular situation but are quite happy to be present to expose the Blessed Sacrament and do Benediction.

The role of prayer leader could also be a shared role. The most important thing is that the person who is guiding the Holy Hour as the prayer leader *must* be a person who has prepared by their own personal, constant prayer time before our Lord in the Blessed Sacrament. That is the main requirement: spending time with Jesus!

It is important to have an understanding of what the Church says in regards to adoration of the Blessed Sacrament outside of the Mass. Our priests and deacons are the experts in this area and everyone involved in the Guided Holy Hours should also have an understanding. There are helpful links found on our website: “Catholic Kids 101.” Just look under the heading: “Begin Guided Holy Hours.”





The following is an outline of the plan. This template stays the same each week.

- Holy Hour Preparation
- Exposition of the Most Blessed Sacrament
- Greeting Jesus and Opening Prayers
- Rosary Decade Preparation
- Praying the Rosary Decade
- Saint, Meditation or Bible Story of the Week
- Quiet Prayer Time
- Benediction of the Most Blessed Sacrament and Reposition





# STEP-BY-STEP DETAILS OF THE PLAN

## HOLY HOUR PREPARATION

- The Holy Hour is advertised (bulletin, emails, etc.) The parish DRE usually takes care of this.
- The priest, deacon, or altar servers prepare the altar and environment for Exposition of the Blessed Sacrament and Benediction.
- If your parish has a spotlight for the monstrance, it is turned on.
- The prayer leader gets a microphone. If the prayer leader is not the priest or deacon, he or she will be in a front pew.
- The children and family members are greeted and given a program as they enter. You could also have a table with the programs, extra Children's Bibles and Rosaries for children who have not brought their own. (A program template, resources and links to help implement this plan are found on "Catholic Kids 101" under the heading: "Begin Guided Holy Hours").

## EXPOSITION OF THE MOST BLESSED SACRAMENT

- Stand when the priest or deacon enters and kneel when he opens the tabernacle.
- Sing "O Saving Victim" by Saint Thomas Aquinas in English, acapella, when the priest or deacon exposes Jesus in the Blessed Sacrament, placing the Host in the monstrance on the altar.
- If the priest or deacon is not the prayer leader, they will then exit and return later for Benediction.

## GREETING JESUS AND OPENING PRAYERS

- The prayer leader greets Jesus, such as: "Jesus, we are so happy to be with You this evening to make our visit with You!"
- There is one main "rule" for prayer leaders: **Always try to talk to Jesus, not about Him.**
- Our Lord is truly before us on the altar so when the children hear us addressing Him directly, it forms their hearts and minds in what the great Saint Teresa of Avila teaches: "Prayer is a friendly conversation with the One we know loves us."





## OPENING PRAYERS CONTINUED

- The prayer leader now leads the children in three vocal prayers. Each one has a particular emphasis in helping the children pray.
- 1. Holy Guardian Angel Prayer - “Jesus, we now call upon our Holy Guardian Angel and all the myriads and myriads of Holy Angels here with us and ask them to **help us adore You, Lord**. Boys and girls, 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.’”
- 2. Saint Michael Prayer - “Jesus, we now call upon the mighty Prince of the Heavenly Host, Saint Michael, and ask him to **help us keep from being distracted**. We want to try and keep our focus only on You, dear Jesus. 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.’”
- 3. Entrustment Prayer - “Finally, Jesus, we would like to entrust ourselves to You through our beautiful Mother Mary. We know that there is nobody who ever lived on this earth who loved You more than she did. We ask her to **help us love You more** as we entrust ourselves to her and pray: ‘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.’”



## OPENING PRAYERS CONTINUED

- After the first three opening prayers, the leader can pause for a few moments of silence. Then say: “Jesus, we want to offer You our ‘Heartbeat Prayer’ now. Boys and girls, together we pray: ‘Most Sacred Heart of Jesus, *truly* presnt 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 as day. I want each one of my heartbeats to say: *Jesus, I love You! Jesus, I love You! Jesus, I love You!...*”





## ROSARY DECADE PREPARATION

- After our opening vocal prayers, we will now prepare to offer Jesus our Rosary decade.
- We prepare by reading a Gospel story connected with the Rosary mystery of the week from our Bible. We use the classic “New Catholic Picture Bible” by Father Lawrence Lovasik, published by the Catholic Book Publishing Company.
- It is up to the prayer leader to decide which Rosary mystery will be prayed. During the Advent season, the Joyful Mysteries are most appropriate. During Lent, we emphasize the Sorrowful Mysteries and during the Easter season, the Glorious Mysteries. Depending on the Rosary mystery chosen, there are often several Gospel stories that are appropriate to read as a meditation. For example, the first Glorious Mystery is our Lord's Resurrection. One week you could read through the story of the Resurrection as your meditation. Another week you could read through the story of doubting Thomas. Another week you could read through the story of the disciples on the road to Emmaus.
- The prayer leader invites the children to sit and then tells them the page number they should open up to. The children follow along in their Bibles as the leader reads a Gospel story. However, there is one slight but important difference: when the prayer leader reads the story out loud, he or she will slightly change the wording when applicable so we speak *to* Jesus, not about Him. For example, the text may be written: “When Mother Mary took Jesus into the temple....” The leader will say: “Jesus, when Mother Mary took You into the temple...” Again, this is important because it will help reinforce the truth that our Eucharistic Lord Jesus is truly present before us on the altar and will help facilitate “conversation with Christ.” For the prayer leader, it is easy to read through the story beforehand, taking a marker pen and adjusting where appropriate. You will find twenty Bible story meditations written by Father Lovasik that can be used for the Rosary meditations on “Catholic Kids 101” under the “Begin Guided Holy Hours” heading. Each mystery has been slightly adjusted so we are speaking *to* Jesus.





## PRAYING THE ROSARY DECADE

- After reading through the Gospel story, it's now time to offer Jesus our Rosary decade. The following is what the prayer leader can say:
- "Boys and girls, it's time to kneel and offer our Rosary decade." (Kneel)
- "Find the Crucifix on the end of your Rosary beads. Let's give the Crucifix a kiss." (Kiss the Cross and look up at the altar) "Thank You, Jesus, for dying on the Cross for me." (Pause)
- "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 third decade on our Rosary beads." (Pause to do that)
- "Jesus, with all the love in our hearts, we offer You the third Joyful Mystery, Your Nativity. We offer this mystery especially for every baby growing in his or her mother's womb, that they will be born safely, and come to know and love You, just like we do." (Pause)
- "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)
- "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 now and look at Jesus on the altar." (Pause) "Now we pray the prayer that our beautiful Blessed Mother taught the three little children at Fatima. She asked us to pray this prayer at the end of each Rosary decade."
- "Jesus, we know this must be very important since You sent our beautiful Mother Mary from Heaven to teach us this prayer." (Pause) "Boys and girls, let's hold out our hand towards Jesus on the altar and offer Him this very special prayer as 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.'"
- "Let's find the Crucifix again at the end of our Rosary beads and give the Crucifix 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."



## SAINT, MEDITATION OR BIBLE STORY OF THE WEEK

- It is good to take a long, quiet pause here as you transition from the Rosary decade to the meditation/story time.
- This is the time where the prayer leader will read a Catholic story, Bible story or appropriate meditation. For example, you can pick a story about a Saint or go back into your Children's Bible and read through another story from the New or Old Testament.
- DRE's, educators and parents will have access to good Catholic books that contain stories of Saints. Many of these are appropriate for helping lead children in prayer. You can take just a section of a story or read parts of the whole story over several weeks.
- Some prayer leaders may choose to stick exclusively with going through different Bible stories during this part each week.
- Besides Bible stories and Saints stories, there is also the option to use other Catholic stories for children such as the ones posted on "Catholic Kids 101." These involve situations that are of interest to our children in the pews. Some examples are: what I learned from the year I was really sick, what happened to my grandpa after he died, how I can use my gifts and talents for Jesus, who my patron Saint, the story of the little girl who told big lies, the power of Mary's prayers for us, and a "secret" way to pray for priests that is inspired by a Martyr.
- We listen to these stories with the "ear of our heart" while we are before Jesus. The prayer leader can pause to talk with Jesus about different parts when appropriate. The goal would always be to pick a story or meditation that is Christ-centered and that will help lead the children to have a prayerful "conversation with Christ."





## QUIET PRAYER TIME

- Be sure to wear a watch to keep track of the time. Time your story or meditation so that you have enough time for some quiet prayer before Benediction. Your goal is to have at least ten minutes of quiet prayer time each week.
- You will often be able to lead the children into quiet prayer time by connecting to something in the story you just read. For example, say that after your Rosary decade, which was “Finding the Child Jesus in the Temple” with the prayer intention having to do with “obedience,” you read part of the CK101 story about a young boy who was disobedient to his parents. Transitioning into the quiet prayer time, you might say, “Jesus, You were always obedient to Your Heavenly Father.” (Pause) “You were always obedient to Mother Mary and good Saint Joseph.” (Pause) “Jesus, help me to always be obedient to my dad and mom.” (Pause) “Help me to obey them the very first time they ask me to do something. I’ll talk with You, Heart-to-heart, about that now.”
- You can also use the last minute of quiet prayer time to help the children prepare for Benediction. You could say, “Jesus, Father and the servers are about to come out now for Benediction. When Father lifts You high in Benediction, we want to open up our hearts wide to receive all the graces You want to pour into them. We also ask for special graces for our families and for the whole world!”
- The altar servers should leave their pews during quiet time to go to the sacristy to prepare for Benediction.

## BENEDICTION OF THE MOST BLESSED SACRAMENT

- The priest or deacon enters. The altar servers carrying incense are with them. The prayer leader will invite the children to kneel and take out their program.
- Sing “Down in Adoration Falling” by St. Thomas Aquinas in English, acapella.
- The Altar servers help the priest or deacon with the humeral veil.
- The priest or deacon does Benediction. Servers swing incense and ring bells.
- The priest or deacon leads the Divine Praises.
- The priest or deacon reposes the Blessed Sacrament.
- Stand and sing the hymn: “Immaculate Mary” as the priest or deacon with the servers exit the sanctuary.
- To end the hour, the prayer leader can thank the priest or deacon, thank the children and families for coming and invite them back for next week’s Guided Eucharistic Holy Hour.



## GUIDED EUCHARISTIC HOLY HOURS FOR CHILDREN

# FINAL THOUGHTS



Quite recently, a mother of an older child (junior high) sent me a text asking for prayers for her child who was being bullied. I had been praying about what we should talk with Jesus about during our upcoming Guided Eucharistic Holy Hour, so I took that text as a cue to talk with Jesus about being bullied.

At the Holy Hour, the children and I prayed the third Sorrowful Mystery: Jesus Is Crowned With Thorns. I asked Jesus, “How did You feel when the Roman soldiers made fun of You?” I went on to read part of a Catholic Kids 101 story that told of a young boy who was bullied because he stuttered. After I read the story, I transitioned the children into our time of quiet prayer, telling Jesus we were sorry for any time we were mean and acted like a bully to people in our lives. We asked Him to help us forgive people who had been mean to us. Then we asked Jesus to heal our hearts of any hurts we were still carrying. Before the children left, I told them we would talk with Jesus about bullying the following week too, reading the second half of our story. I remember leaving the Church that evening with a sense that it had been a particularly important time of prayer.

The following week, we had the most children who, to this day, have ever attended the Holy Hour. I realized once again just how important it is to bring our children to Jesus and have Him heal their hearts and minds in ways that only He can.



## WE BECOME SAINTS!

Once you have led some Holy Hours and have become familiar with the rhythm, you will get a good idea of timing. You will be surprised how long it actually takes to thoughtfully read through most of the Rosary meditation Gospel stories in the Children's Bible and then pray the Rosary decade with attention. The time left for going through a story and talking with Jesus about it can go by very quickly. Again, you will want to make sure to wear a watch to keep track of the time.

I also want to point out here that there is no such thing as "a bad Holy Hour." Every second spent before Jesus in the Blessed Sacrament is a time of grace! I'll insert a favorite quote here by Blessed Carlo Acutis. Carlo says, "When we face the sun, we get a tan but when we stand before Jesus in the Eucharist, we become Saints!"

You may have a wonderful story prepared and think you know exactly what you want to talk with Jesus about. However, at the very last minute, you find out that Father had an emergency sick call. One of the parish deacons is on his way to Church to expose the Blessed Sacrament and do Benediction. By the time everything is ready, the Holy Hour begins late and when the Rosary decade is finally finished, you realize that you only have about 10 minutes left for a 12 minute story plus quiet time.



As the prayer leader, you learn to be flexible. You decide to set aside the original plan, perhaps saving it for another week. The situation has presented an opportunity to pray for the sick person that Father had to go anoint. After praying for that person, you now guide the children into the quiet time of prayer by bringing to Jesus all those who are sick and suffering. You might say, "Jesus, I wonder if the children have anybody in their family or know any people who are sick and suffering?" (Long pause) "Jesus, when we look at that big Crucifix above the altar, it helps us to remember that You truly understand. You know what it is like to suffer." (Long pause) "We bring sick people, those who are really suffering, to You this evening." (Pause) "We ask You to please help them, Jesus." (Pause) "Give them Your peace. Please help them understand that You love them and are very close to them. We'll talk with You, Heart-to-heart, about this now."



You will find templates, sample scripts, resources and links to begin Guided Eucharistic Holy Hours for children in your parish on “Catholic Kids 101” under the “Begin Guided Holy Hours” heading.

As a final word of encouragement, I would like to end this booklet with a favorite quote from the Patron Saint of Catholic Kids 101, Saint Thérèse of Lisieux. The little 33rd Doctor of the Church prays:

"You heard me, only Friend whom I love.  
To ravish my heart, You became a Man.  
You shed Your Blood, what a supreme mystery!  
And You still live for me on the altar..."



God bless you as you begin this good work of bringing the children to Jesus!

*Jean Prather  
Catholic Kids 101*



This work is dedicated to all children.  
May the earth resound with their voices:  
“Praise to the Eucharistic Heart of Jesus!  
To Him be glory and honor forever!”





## Catholic Kids 101

*"We are kids telling kids about Jesus!"*

