

Sample #2
Guided Holy Hour for Children
Script for the Prayer Leader

THE HOLY HOUR BEGINS

As we begin, the prayer leader says:

Boys and girls, please stand when Father 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.

(See program example for the Eucharistic hymns)

Following Exposition, Father offers several vocal prayers (*Our Father, Hail Mary, and Glory Be*). He then exits back to the sacristy.

THE PRAYER LEADER CONTINUES

(We are still kneeling) **When Father is no longer seen:** *Jesus, we are so happy to be with You this evening to make our visit with You. We would like to continue the vocal prayers that Father has begun.*

*First, we call upon our Guardian Angel and all the Holy Angels present with us to help us **adore** You, Lord. 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."*

*Next, we call upon St. Michael, the "Prince of the Heavenly Host," and ask St. Michael to help keep us **from being distracted** so we can keep our focus on You, Jesus, during our Holy Hour. 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."*

*Finally, we ask our beautiful Blessed Mother Mary to help us **love** You, Jesus. We know there is nobody who ever lived on this earth who 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."*

PREPARING FOR OUR ROSARY DECADE

Jesus, You know each week we love to offer You our Rosary decades and this week will be no different. In 1917 You sent our beautiful Blessed Mother from Heaven to a little town in Portugal, called Fatima. Our Lady spoke to three children. Their names were Lucia, Francisco and Jacinta. One of the important things she told them was to pray our Rosary decades every day. (Pause) Jesus, we know this must be very important if You sent Our Blessed Mother from Heaven to tell us this. We would like to offer You the fifth Luminous mystery: The Institution of the Holy Eucharist. (Pause)

I'm going to invite the boys and girls to have a seat now as we prepare our hearts to offer You this Rosary decade by reading the story in our Bible: "The Institution of the Holy Eucharist at the Last Supper."

(Be seated)

Boys and girls, open up your Bibles to page 192. Let's take a look at that picture.

(Prayer leader reads the story from the "New Catholic Picture Bible" by Father Lawrence Lovasik. Bibles for the children can be purchased through the Catholic Book Publishing Company.)

Jesus, now the moment for which You had waited so long had come. You kept the promise that You had made in the synagogue at Capernaum. You took a piece of bread, blessed it, and broke it. Then You gave it to the apostles and said, "Take and eat; this is My Body." (Pause)

Then You took a cup with wine in it, blessed it in the same way and said, "All of you drink of this; for this is My Blood of the new covenant which is being shed for many unto the forgiveness of sins... Do this in remembrance of Me." (Pause)

Lord, (Look up at the altar) You changed bread and wine into Your Body and Blood and offered Yourself to God the Father. This was a sacrifice. (Pause) At the same time You told the apostles that You would die on the next day. This would be the bloody sacrifice. But You wanted this unbloody sacrifice to continue on earth until the end of time. When You told the apostles to do as You had done, You made them priests who could offer this sacrifice. They could pass this power on to their successors. After You returned to heaven, the apostles continued to offer this Eucharistic Sacrifice. They ordained other priests. In this way, Jesus, You gave us the priesthood and the Mass. (Pause)

Finally, Jesus, You gave the apostles Your last instructions. You said, "A new commandment I give you, that you love one another: that as I have loved you, you also love one another. By this will all men know that you are My disciples, if you have love for one another."

PRAYING OUR ROSARY DECADE

Boys and girls, it's time to kneel and offer our decade. (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 fifth decade on our Rosary beads.

Jesus, we offer You this fifth Luminous Mystery, "The Institution of the Holy Eucharist." We offer it in thanksgiving for all our priests.

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."

Boys and girls, come back up now and look at Jesus on the altar. (Pause) Let's hold out our hand towards Him and offer this very special prayer. This is a prayer that our Blessed Mother taught the three 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. 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."

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)

CATHOLIC STORY FOR CHILDREN

Jesus, when I was thinking about what we could talk with You about today, I thought of Poppy's page on Catholic Kids 101. Poppy has some very important things to share with us about You and I would like to read part of her page for the boys and girls. (Pause)

Poppy writes this:

I am 11 years old. I live with my mum and my dad and my tabby cat, Alfred.

Something happened to me that made me miss a year of school. When I thought about what I should write on my Catholic Kids 101 page, I decided I would tell you what happened to me during that year.

At the beginning of 2nd grade, when I was 7 years old, I started to feel tired. Even when I got lots of sleep, I still felt tired. One day I was at school playing soccer. I was about to kick the ball when I suddenly felt so tired and weak, I could hardly move. I had to sit right down on the ground and rest for a few moments before I could get up and walk again. I had never felt that way before.

I remember that night in bed I was trying to fall asleep but the bones in my legs and feet were aching. I couldn't sleep because it hurt so much. I was going to get up and ask my mum for some pain medicine but I felt too tired to get up! Sometime in the night I finally fell asleep.

The next morning, I was about to tell my mum about my aching bones but before I could say anything she looked at me and said I had "sick eyes" and asked me what was wrong. I told her how I was feeling. Then I went and looked in the mirror to see what "sick eyes" look like. I thought my eyes looked exactly the same as they always did but mums are pretty smart when it comes to noticing things about their children. Don't you think?

Anyway, she took me to see the doctor and then he sent me to another doctor and then that doctor sent me to another doctor who was a special kind of doctor that helped really sick children. I found out I was really sick. My sickness had to do with my blood. I had a sickness called Leukemia. My blood was sick. Leukemia is a cancer of the person's white blood cells. The "sick" white blood cells form in a person's bone marrow. They quickly travel throughout the body and crowd out the healthy blood cells. This raises the person's chances of getting really sick with an infection and other problems. Without healthy blood our organs, like our heart and lungs, don't get the oxygen and help they need to work right. We need healthy blood to fight infections. We need healthy blood to stay warm. Our blood is really important. Blood is life!

(Pause)

To get better I had to have treatments called chemotherapy for one year to try get rid of the sickness in my blood.

The treatments were really hard. They made me feel really sick. I threw up a lot. (I don't know about you but I really don't like to throw up.) And the treatments made all my hair fall out. I was bald.

So, this is the part of my story that I really want every person to know about. This is super important and I hope you never forget it. The reason is that even if you don't get really sick like I did, every single person in the world will have something, some time in their life, that will be hard for them. We can choose to complain and get really angry about it or we can choose another way. The other way is to go through the hard time with Jesus. He truly understands.

(Pause) Jesus went through lots of hard times, especially when He suffered and died on the Cross for us. Our hard times by themselves are really awful! But if we give our hard times to Jesus, He takes them as precious gifts. He unites them to His sufferings and then they are not awful anymore. Then they become something meaningful because it was through the precious Blood of Jesus being shed, through His death on the Cross, that Jesus saved us from our sins. He lets us be a part of helping Him in His mission as Savior of the world! (Pause)

When I was sick, every single day my dad and mum would go to Mass early in the morning and receive Jesus in the Holy Eucharist. They would ask Jesus to heal me. Then one day when I was about half way through my chemotherapy treatments, my pastor, Father Michaels, brought me Jesus in the Holy Eucharist! He said that since I had already made my First Confession with my class right before I got sick, I could make my First Holy Communion! I was so happy!

When Father came to my hospital room, he took out a small, round, shiny gold holder called a pyx. When he opened the top, there was Jesus looking like Bread! Since I was so sick, he gave me just a tiny piece of the Host to eat. Did you know that no matter what size the Host is, very tiny or very big, Jesus is totally and completely present in that piece of consecrated Host? It's true!

Here is one of the things I said to Jesus after I received Him in Holy Communion for the first time: "Dear Jesus, I know you are really present in this little piece of Host – Body, Blood, Soul and Divinity. Please Jesus, will You have Your healthy Blood go into my sick blood and make me well again?"

Guess what? When I had my chemotherapy treatment later that day, I never got sick from it! I never threw up. I never felt tired. I felt really good. I was so happy!

For the rest of my treatments, Father Michaels would often come and bring me Jesus. Every time I received Jesus, I would pray the same way: "Please have Your healthy Blood go into my sick blood, dear Jesus, and make me well again." Sometimes I did get sick from my treatments. And some days were much harder than others. But by the time I finished my chemotherapy

treatments, I was well again! My blood was healthy! I felt so good. I was able to go back to school. And soon I was playing soccer again!

My year of being sick wasn't easy but Jesus and I got through the hard times together. As I grow up, no matter what happens in my life, I know He will always be there to help me. I know that, if you ask Him, He will always be there to help you too. (Long pause)

QUIET PRAYER TIME

Jesus, I really loved it when Poppy tells us how You will always be here for us when we go through hard times. (Pause) Boys and girls, are you or anyone you know going through a hard time right now? (Pause) Let's talk with Jesus quietly, Heart-to-heart, about that or about anything that you want to talk with Him about now.

PREPARING FOR BENEDICTION

(We are kneeling) 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."

BENEDICTION OF THE MOST BLESSED SACRAMENT

Boys and girls, I see Father and the altar servers are ready now for Benediction, so let's look in our program and together sing: "Down In Adoration Falling."

(See program example for the Eucharistic hymns and "The Divine Praises")

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, we 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 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 Holy Hour!

Questions? Please contact us through CatholicKids101.com

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"We are kids telling kids about Jesus!"

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