

# GUIDED EUCHARISTIC HOLY HOUR

*CK101 Script #15 - "St. Dominic"*

## 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.*

## REETING 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 103. 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.)*

*In a country east of Judea, many miles away, there lived learned men who studied the stars. They were called Magi. One night they saw a strange star shining in the sky; and in some way they learned that the coming of the star meant that a King was soon to be born in Judea. They made the long journey with servants and camels and horses.*

*When the Magi reached Jerusalem, they asked the people, “Where is the newly born king of the Jews? For we have seen His star in the East and have come to worship Him.”*

*But no one had heard of this new King.*

*The news of their coming was sent to Herod, the King of Judea, who was now an old man. Herod was very wicked; and when he heard of someone born to be a king, he feared that he might lose his own kingdom. He made up his mind to kill this new King.*

*He sent for the chief priests and scribes. After studying the books of the prophets they said, "He is to be born in Bethlehem of Judea."*

*Then Herod sent for the wise men and said to them, "Go to Bethlehem, and there search carefully for the little Child; and when you have found Him, let me know, so that I also may come to worship Him."*

*The Magi went on their way toward Bethlehem, and suddenly they saw the star again shining upon the road before them. They were very happy and followed the star until it led them to the very house where the little Child was - (look up) that was You Jesus!*

*They entered, and there they saw You, the little One, with Mary, Your Mother. They knew at once that this was the King, and they fell down on their faces and worshipped You, as the Lord.*

*Then they brought out gifts of gold and precious perfumes, frankincense and myrrh, which were used in offering sacrifices, and they gave them as presents to You, the royal Child.*

*God the Father sent a dream to the Magi, in which He told them not to go back to Herod, but to return home by another way. They obeyed the Lord and did not go back to the city. (Long pause)*

*Jesus, there is so much in this Gospel story to think about. (pause)*

*We are going to pick out one part to focus on: just like the Magi, we too want to offer You our gifts of gold, frankincense and myrrh.*

*The gold of our love!*

*The frankincense of our adoration!*

*The myrrh of our little sacrifices. (pause)*

*For our Rosary decade intention, we pray that every nation on earth with adore You, Lord!*

## 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 - 1, 2, 3, (pause) Jesus, with all the love in our hearts, we offer You the third Joyful mystery, Your Nativity.*

*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

*This week's mediation story is told by a boy named Mario. Here is how he begins:*

*Hi! My name is Mario. I want to tell you about my very favorite Saint: St. Dominic. St. Dominic is so great that I want to tell all the kids in the world the story of his life!*

*Dominic was born in the twelfth century. We live in the twenty-first century and a century equals one hundred years so that gives you an idea of just how long ago Dominic lived.*

*Before Dominic was born, his mother had a dream about her son. She saw Dominic born under the appearance of a white and black dog, holding in his mouth a torch which illuminated the world! That meant her son would become a great preacher who would proclaim the truth of the Gospel, setting the world "on fire" with God's love!*

*Then on the day of Dominic's baptism, his godmother saw him in a vision with a beautiful, brilliant STAR shining over his head! That meant he was going to be a bright guiding light for people in spiritual darkness. And sure enough, when Dominic was twenty-four years old, he was ordained a Catholic priest and he really did have an amazing gift for preaching!*

*Now at the time that Dominic lived, there was a group of people who were teaching something called the Albigensian (AL-BI-GEN-SI-AN) Heresy. The Albigensian Heresy got its name from a town in France called "Albi" where it was very first taught. A heresy is an error; it's something different from what Jesus and His Church says is right and true.*

*The Albigensians really did teach things that were NOT right or true! They thought a person's body was bad! They thought that marriage was bad! They thought that having a baby was bad! They even thought that killing sick & old people was okay!*

*(look up to the altar) Jesus, they didn't believe that You, God, became Man. We call that the Incarnation, when God became Man; when the Word became Flesh, and they didn't believe it! They said that Your Crucifixion, Death and Resurrection were fake! (pause)*

*Now you are probably wondering, how in the world could people listening to the Albigensians believe the awful things - the errors - that they were teaching? Well, the Albigensians lived very strict lives with very little comfort. They looked and acted really holy so people thought that they must really BE holy. They wrongly decided that whatever the holy looking Albigensians taught much be true.*

*Isn't what the Albigensians taught just awful? Well, Dominic thought it was pretty awful! He wanted people to understand that what the Albigensians taught was wrong. It was a heresy! He knew that he needed to help people understand the error in this way of thinking. So Dominic traveled to France to preach against this heresy. However, even though Dominic was a very gifted preacher, hardly anyone listened. They rejected what Dominic said. He tried and tried but his efforts gained very few people changing their minds and hearts. Dominic became discouraged. He had never in his life come up against such resistance and stubbornness!*

*So in the year 1208, Dominic decided to go deep into a forest near Toulouse (TOO-LOOZ) France to pray. He spent three whole days praying and fasting. After three days, Dominic looked up into the sky and saw three glorious Angels along with a ball of fire coming towards him! As he watched in amazement, the Angels disappeared and then our beautiful Blessed Mother appeared to him! Our Lady told Dominic that he must preach her Psalter - another word for the Rosary - in order to succeed in his struggle with the Albigensians.*

*The Blessed Mother told Dominic which mysteries should be preached. The particular mysteries that she told Dominic would correct the errors that the heretics were teaching.*

*Dominic had his answer! Now he knew how to overcome the Albigensian Heresy!*

*Dominic prayed and preached the Host Rosary and the crowds of people began to listen to him! They stopped listening to the Albigensians and followed what Dominic taught! Isn't that wonderful?  
(pause)*

*I hope the story of Saint Dominic and the Rosary helped you to better understand why it's super important to pray our Rosary decades every day. It sure is easy for people to get off the track, isn't it? We don't ever want to get off the track! The Rosary is the prayer - the chain - that keeps us firmly connected to Heaven!*

*Honestly, the Rosary is such a powerful prayer that if every single kid in the whole wide world prayed just one Rosary decade every day, the entire world would be completely changed for the better! (pause)*

*Thanks a lot for listening!  
Signed: Your friend, Mario*

## QUIET PRAYER TIME

*Boys and girls, let's have some quiet prayer time now, talking with Jesus, Heart-to-heart. You can talk with Him about St. Dominic and the Rosary - anything you like.*

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.*

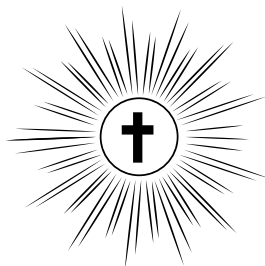
When Father/Deacon puts the Blessed Sacrament back into the tabernacle and closes the tabernacle doors, say: *Boys and girls, let's stand and sing "Immaculate Mary."*

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.



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*We are kids telling kids about Jesus!*