

A SIMPLE PLAN FOR PARISHES AND CATHOLIC SCHOOLS

# GUIDED EUCHARISTIC HOLY HOURS FOR CHILDREN



“Let the children come to Me and do not prevent them;  
for the Kingdom of God belongs to such as these.”

*Luke 18:16*



# THE PLAN

To make a visit with Jesus can be as easy as walking into a Catholic Church or Chapel, genuflecting to Our Lord 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 children to Jesus in the Blessed Sacrament for a Guided Eucharistic Holy Hour with Benediction, there is a little more to it.

Before we lay out the simple step-by-step plan, the most important thing to remember is that the number-one motivation for us in bringing the children to Jesus is love. We bring the children to Jesus because we love the Lord! Through our own personal encounters with Him in prayer, 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 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. We bring the children to Jesus as He commanded regardless of the obstacles or inconveniences that may arise in beginning and persevering in this good work.

Guided Eucharistic Holy Hours for children take place in the parish Church or Catholic school Chapel under the leadership and approval of the pastor. Associate priests and deacons are often involved. There is Benediction of the Most Blessed Sacrament at the end of each 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. It helps them to identify with these men as spiritual fathers.

Each Holy Hour has a prayer leader who guides the prayer time. This can be a priest, a deacon, a religious sister, a director of religious education, a principal, a teacher, or a parishioner such as a lay Carmelite. It depends on the situation in your parish. Some priests and deacons prefer not to be the prayer leader but are committed to be present to expose the Blessed Sacrament and do Benediction. They often use the time before Benediction to pray their Daily Office.

The important thing to consider when deciding on the prayer leader is that he or she needs to be a person of prayer, preparing for the Guided Eucharistic Holy Hour by their own commitment to daily prayer.

Here is the outline of what happens at a Guided Eucharistic Holy Hour for children:

- Exposition of the Most Blessed Sacrament
- Greet Jesus and Opening Prayers
- Read a Story from the Catholic Children's Bible
- Pray One Decade of the Holy Rosary
- Quiet Prayer Time
- Benediction of the Most Blessed Sacrament





# THE PROGRAM

## • EXPOSITION OF THE MOST BLESSED SACRAMENT

### Opening Hymn: O Saving Victim

Words by Saint Thomas Aquinas

1. 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.
2. To Thy great Name be endless praise; Immortal Godhead, One in Three.  
Oh, grant us endless length of days; In our true native land with Thee. Amen.

## • GREET JESUS AND OPENING PRAYERS

### Prayer to My Holy Guardian Angel

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.

### Prayer to Saint Michael the Archangel

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.

### **Prayer to Our Blessed Mother**

My Queen and my Mother, I give myself entirely to you; and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Therefore, good Mother, as I am your own, keep me, guard me as your child. Amen.

### **The 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!

## **• READ A STORY FROM THE CHILDREN'S BIBLE**

## **• PRAY ONE DECADE OF THE HOLY ROSARY**

## **• QUIET PRAYER TIME**

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

### **Benediction Hymn: Down in Adoration Falling**

Words by Saint Thomas Aquinas

1. 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.

2. 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, for ever and ever. Amen





## The Divine Praises

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.

## Closing Hymn: Holy God We Praise Thy Name

1. Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on Earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain, everlasting is Thy reign. *(repeat)*
2. Hark! the loud celestial hymn;  
Angel choirs above are raising;  
Cherubim and Seraphim,  
In unceasing chorus praising;  
Fill the heav'ns with sweet accord: Holy, holy, holy, Lord! *(repeat)*





**PRAYER LEADER**



# Prayer Leader's Guide

## Guide #1 - THE ANNUNCIATION

We use *The New Catholic Picture Bible*

by Father Lawrence Lovasik

Today's Bible Story is on Page 94

*\*Be sure to have a copy of the Holy Hour program*

### EXPOSITION

- *Please stand. When Father/Deacon opens the tabernacle, we will kneel and sing together **O Saving Victim**, found on the first page of our program.*

### GREET JESUS

- *Jesus, we are very happy to be here to make our visit with You. Thank You for always being here for us in the tabernacle and now being exposed on the altar in the beautiful monstrance. (long pause)*

### OPENING PRAYERS

- *Jesus, we begin our time with You by calling upon our Holy Guardian Angel and all the many - myriads and myriads of Holy Angels here with us right now. We ask the Holy Angels to help us adore You. (pause) 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.***
- *We also call upon the mighty Prince of the Heavenly Host, Saint Michael. We ask Saint Michael to protect our visit with You by helping us banish all distractions. Jesus, we want to keep our mind and our heart only on You. 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 that Your Sacred Heart is on fire with love for each one of us. (pause) There on the altar, Your Sacred Heart is beating with love for us as You continually pour out Your love upon us. (long pause) Jesus, we know that our beautiful Blessed Mother Mary loves You more than anyone who ever lived. We want her to help us love You more and more, Jesus. We want our hearts to be on fire with love for You, just like Mother Mary. (pause) Jesus, just as You entrusted Yourself to Mother Mary at Your Incarnation - when You, God, became Man - we also want to entrust ourselves to her as we now pray the Prayer to Our Blessed Mother together: **My Queen and my Mother, I give myself entirely to you; and to show my devotion to you, I consecrate to you this day my eyes, my ears, my mouth, my heart, my whole being without reserve. Therefore, good Mother, as I am your own, keep me, guard me as your child. Amen. (pause)***

**OPENING  
PRAYERS**  
*continued*

- *Finally, Jesus, with all the love in our hearts, we offer You 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)*

**BIBLE  
STORY**

- *Jesus, we will now prepare our hearts to offer You our Rosary decade. We do this by reading a Bible story. I invite the boys and girls to now sit and take out their Bibles. (pause) We open up to page 94. (pause) Let's first take a look at the picture. (pause) (In these Bible stories, the words in some have been slightly changed in the parts directly relating to Jesus. An example: "This is called the mystery of the Incarnation." You would say, "This is called the mystery of Your Incarnation." The goal is to talk to Jesus instead of about Him. If you read directly from the New Catholic Picture Bible, it is easy to take a black pen and mark the parts that need adjusting. It is a simple change from the third person to the second person. This important adjustment helps the children understand that Jesus is truly present before them in the Blessed Sacrament).*
- *The hour was at hand for which God had been preparing His people. Not only the Jews, but all the world was looking for a Redeemer. They prayed that God would now keep the promise He made to Adam and Eve and had repeated again and again through the prophets. The Angel Gabriel was sent from God to the town of Nazareth, in that part of the land called Galilee, in the north. There the angel found a young girl named Mary, who was soon to be married to Joseph, a very good man who also lived in Nazareth. Though Joseph was a carpenter, he was a relative of King David. The angel came into the room where Mary was and said to her, "Hail, full of grace! The Lord is with you. You are blessed among women." Mary was surprised at the angel's words and wondered what they could mean. Then the angel spoke again and said, "Do not be afraid, Mary. You have found grace with God. The Lord has chosen you to be the mother of a Son and you shall call Him Jesus. He shall be great; and shall be called the Son of God. The Lord will give Him the throne of David His father. He shall be king over the people of God forever; and of His kingdom there shall be no end." But Mary could not see how all this would happen. And the angel said to her, "The Holy Spirit shall come upon you, and the power of the Most High God shall be over you; and the Holy One to be born shall be called the Son of God. And your cousin Elizabeth will also have a son in her old age, for nothing is impossible with God." Mary was obedient. She knew that the angel was sent by God to tell her what God wanted. So she replied, "Behold the handmaid of the Lord. Be done to me according to your word." And the angel departed from her. As soon as Mary gave this answer, she became the Mother of God. The Second Person of the Blessed Trinity took to Himself a body and soul like ours. Jesus, You became Man and dwelt among us. This is called the mystery of Your Incarnation. The coming of the angel to Mary is called the Annunciation, because the angel announced Your birth, Jesus. The Church celebrates the feast of the Annunciation on March 25. (long pause)*

**ROSARY  
DECADE**

- *Boys and girls, it's time to offer our Rosary decade. Please take out your Rosary and kneel.*
- *Find the Crucifix on the end of your Rosary beads. Let's give the Crucifix a kiss. (**Kiss the Crucifix**)*
- *Thank You, Jesus, for dying on the Cross for us.*
- *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 first decade on our Rosary beads.*
- *Jesus, with all the love in our hearts, we offer You the first Joyful Mystery, The Annunciation. We offer this decade 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. (2 times)***
- *Jesus, we now come to our very last Hail Mary. We pause and call this one our Golden Hail Mary. Our Golden Hail Mary is when we tell You our own special intentions. If it is important to us then it is important to You because You don't want us to be worried about anything. Jesus, we will now tell You from our hearts what we need You to help us with. (**very long pause**) Jesus, we know that You are going to answer each of our prayers in the very best way. Sometimes we might not think it is best but You know all things from the beginning to the very end so we trust that You are always working things out for our very best.*
- *Boys and girls, together we pray: **Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.***
- *Boys and girls, let's bow our heads down low. Our body shows what is in our hearts and that is adoration for God. (**pause**) We adore God who is truly before us on the altar. (**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 and look at Jesus on the altar. (**Pause**) We will now pray the prayer that our beautiful Blessed Mother taught the three children at Fatima. She asked us to pray this prayer at the end of every Rosary decade.*

**ROSARY  
DECADE**  
*continued*

- *Jesus, we know this must be very important since You sent our beautiful Mother Mary from Heaven to teach us this prayer.*
- *Boys and girls, let's hold out our hand toward Jesus on the altar and 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.***
- *Now let's find the Crucifix again at the end of our Rosary beads and give the Crucifix one more kiss. **(Kiss the Crucifix)** 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.*

**QUIET  
PRAYER  
TIME**

- *Jesus, now it is time for Quiet Prayer Time. Quiet Prayer Time is a time of silence. We can sit or kneel and just enjoy being in Your Presence. We can quietly talk with You Heart-to-heart. We can look at the Bible story again or any of the stories in our Bible and slowly read it with You. If we brought a journal, we can use our gifts and talents to write a special poem or a song for You. We can draw a beautiful picture for You as our gift. Jesus, there are many wonderful ways that we can quietly pray during our Quiet Prayer Time with You now.*

**BENEDICTION  
PREPARATION**

- *Jesus, in just a moment we will have Benediction. When Father/Deacon holds You up high, You will bless us, pouring graces upon us, and through us to our families, to our country and the whole world. We open up our hearts to all You want to give us today.*

**BENEDICTION**

- *Take out your program now and kneel. Together we will sing the Benediction Hymn "Down in Adoration Falling." **(follow the order of Benediction in the program)***

**CLOSING  
HYMN**

- ***(After Father/Deacon closes the tabernacle)** Please stand. We will sing our closing hymn "Holy God We Praise Thy Name."*
- ***(After the hymn)** Thank you for coming. We hope to see you at our next Guided Eucharistic Holy Hour on \_\_\_\_\_. **(Any other announcements)***









# FINAL THOUGHTS

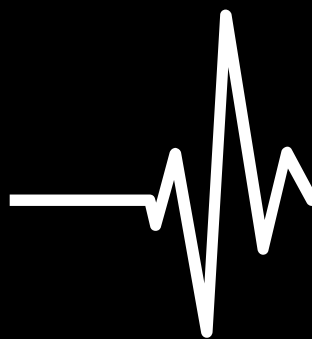
A mother of an older grade school-age child shared with her parish's prayer leader that her child was being bullied at school. At the following Guided Eucharistic Holy Hour, the prayer leader chose for the Rosary decade the third Sorrowful Mystery: *Jesus Is Crowned With Thorns*. When it came time to state the Rosary decade prayer intention, the prayer leader asked Jesus, "How did You feel when the Roman soldiers made fun of You?" Then continued, "Jesus, with all the love in our hearts, we offer You the third Sorrowful Mystery, Your Crowning with Thorns. We pray for all children who have been bullied. This may include some of us here. We ask for the grace to forgive those who have hurt us. We also ask that You heal our hearts of any hurts that we are still carrying." After the closing hymn, the prayer leader told the children that at the next Holy Hour, they would continue to ask Jesus to heal their hearts, especially hurts from being bullied. The following week, there were nearly *double* the attendance of children at the Holy Hour. It is imperative that we bring our children to Jesus - as He Himself commanded - so that He can heal their hearts and touch their minds in ways that only He can.

Visit "Catholic Kids 101" and click the heading "Begin Guided Holy Hours" to find free downloads, including Prayer Leader's Guides, that will aid in beginning Guided Eucharistic Holy Hours for children in your parish.

We end this booklet with a quote from Saint Thérèse of Lisieux, patron saint of missionaries and priests; also our intercessor for the spread of Guided Eucharistic Holy Hours for children.

*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.*





# Catholic Kids 101

“We are kids telling kids about Jesus!”