



# Prayer Leader's Guide

## Guide #9 - THE TRANSFIGURATION

We use *The New Catholic Picture Bible*

by Father Lawrence Lovasik

Today's Bible Story is on Page 161

*\*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 161. (pause) Let's take a look at the picture. (pause)*
- *Jesus, about six days later (from when You made Peter the head of the Church), You and Your apostles were passing by a high hill. It was Your custom to leave the apostles, especially in the evening, and go to a quiet place to pray. You left the apostles at the foot of the hill and took with You only Peter, James and John. You went up the hill to pray. While You were praying, a great change came over You. Your face began to shine as brightly as the sun, and Your garments became whiter than snow. The three apostles saw You with all this glory beaming from You. And they saw two men talking with You. These were Moses and Elijah, who had come down from heaven (the realm of the dead) to meet You. They represented the Law and the prophets that had announced Your coming. Now they spoke with You of the death that You were to die in Jerusalem. Scarcely knowing what he was saying, Peter spoke, "Master, it is good for us to be here! If You wish, let us set up three tents here, one for You, one for Moses, and one for Elijah!" While Peter was speaking, a bright cloud came over You all. The three apostles felt a great fear as they found themselves in the cloud. Out of the cloud the apostles heard a voice saying, "This is My beloved Son, in whom I am well pleased; hear Him." As the apostles heard this voice, they fell down upon their faces on the ground in great fear. And Jesus, You came and touched them, saying, "Arise, and do not be afraid." When they looked up, the bright cloud had passed away, and You were standing there alone. Together You walked down the mountain, and You said to them, "Do not tell to any man what you have seen, until the Son of Man is risen from the dead." (pause) Lord, You had allowed Peter and James and John to see some of Your glory to strengthen their faith in You. (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 fourth decade on our Rosary beads.*
- *Jesus, with all the love in our hearts, we offer You the fourth Luminous mystery, Your Transfiguration. We offer this decade for the souls in Purgatory. We pray especially for our family members and friends who have died. If they are not with You in Heaven yet, we pray that they will be very soon. We want them to experience Your love to the fullest and behold You in all of Your glory! (*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)***

