

# GUIDED EUCHARISTIC HOLY HOUR

*CK101 Script #7 - "St. Teresa of Jesus"*

## 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 208. 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.)*

*Jesus, You prayed on the cross, “Father, forgive them, for they do not know what they are doing.” Two robbers were hung on crosses, one at Your right side and the other at Your left. One of them said to You, “Lord, remember me when You come into Your kingdom.” And You answered him, “Amen I say to you, this day you shall be with Me in paradise.”*

*Standing by Your cross was Your Mother, and beside her was John, the disciple whom You loved best. Other women besides Your Mother were there. Your Mother’s sister and Mary Magdalene. Jesus, You wished to give Your Mother into the care of John, now that You were leaving her, and You said to her, as You looked from her to John, “Woman, behold your son.”*

*In the middle of the afternoon when you had endured three hours of terrible pain on the cross, You cried out, “My God, My God, why have You forsaken Me?”*

*After this, You spoke again, saying, “I thirst.” Someone dipped a sponge into a cup of vinegar and put it upon a reed and gave You a drink of it.*

*Then Jesus, You spoke Your last words upon the cross, “It is finished! Father, into Your hands I give My spirit!” And You died. God died that we sinners might live!*

*At once a great darkness came over the city of Jerusalem. The earth shook. The rocks split. The tombs opened, and the dead walked about. At that moment the veil of the Temple between the Holy Place and the Holy of Holies was torn apart by unseen hands from the top to the bottom. The Roman officer who had charge of the soldiers around the cross said, “Surely this man was the Son of God.” (long pause)*

*Jesus, we never get tired of saying, “Jesus, we love You! Thank You for dying for us on the Cross! (long pause)*

*As we offer You our Rosary decade now, we ask for the grace to never forget how awful sin is and how much You suffered to save us from our sins. (pause)*

*Help us to always remember that when we fall into sin, we can always get up again and run back to You, Jesus. Your arms are always open wide to receive us and forgive us. (pause)*

*With all the love in our hearts, we ask that You also give special graces to our world right now so that all people will come to know and love You too. (pause)*

*Jesus, You are the Savior of the World!*

## 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 fifth decade on your Rosary beads. 1, 2, 3, 4, 5 (pause) Jesus, with all the love in our hearts, we offer You the fifth Sorrowful mystery, Your Crucifixion.*

*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

*Jesus, right now we are going to hear about one of your greatest Saints. She is probably most well known as Saint Teresa of Avila - Avila being the place where she was from in Spain. But she is also known by her religious name: Saint Teresa of Jesus. (pause) That really is the best name of all!*

*Teresa was born about 500 years ago. She was the third of nine children and her childhood was a very happy one.*

*Sadly, when Teresa was thirteen, her mother died. After her mother's funeral, Teresa asked Our Blessed Mother to help her in a special way since her own earthly mother was now gone.*

*After her mother's death, Teresa's father decided to send Teresa to a convent school so she could be educated by nuns. About two years into her studies, she became very ill and had to return home.*

*At the time Teresa lived, there were only two life-choices for women: you either got married or you became a nun. Teresa decided to become a nun. But her father did not like this decision so he refused to give Teresa his permission.*

*However, one day Teresa secretly left home to join a Carmelite convent. It was a very busy Carmelite convent where 140 nuns all lived together! After she did this, her father reluctantly gave his blessing.*

*For the next twenty years, Teresa lived in this busy convent. But she found that trying to think about You, Jesus, and to pray were really difficult - well, because things were always so busy! Eventually she pretty much just gave up trying.*

*Then one day, Teresa's attitude concerning her prayer life changed when she was looking at a statue of You, Jesus.*

*It captured You during Your Passion. Your hands were bound together and there were lash marks on your back from the scourging. But the thing that was most striking to Teresa was the kind look on Your face. It was a look of love. (pause)*

*Jesus, as Teresa looked at this statue, she began to really think about or meditate upon Your sufferings. (long pause)*

*Teresa was 39 years old and it was the first time in her life she truly began to understand the great price that You paid to save us from our sins. She began to understand how much you love her and she wanted, with all her heart, to try and love You back in return.*

*With the help of the Holy Spirit, Teresa was determined to truly pray every day, no matter how she felt. She eventually became a great Saint; a Saint with a loving, generous heart, willing to do mighty deeds for You, Lord! She is considered an expert on prayer, even being named a Doctor of the Church because of her writings about prayer, all based on her own experiences. (long pause)*

*Now here is a meditation story for us to think about as we get ready for quiet prayer time:*

*One day, Teresa was praying. And as Teresa prayed with her eyes closed, she held a crucifix in her hand.*

*Now and then, Teresa opened her eyes and looked at the crucifix. She was thinking about You, Jesus, and how much You love us.*

*As Teresa continued to pray, she felt a tug on the crucifix. Someone was pulling the crucifix from her hand! Teresa opened her eyes, and there You stood, Jesus!*

*You gently took the crucifix from Teresa's hand and said nothing. You held Teresa's crucifix in Your hand and looked at it for awhile. Then You put the crucifix back into Teresa's hand and disappeared. (pause)*

*As Teresa now looked at the crucifix, she saw something wonderful had happened! In the places where there had been Your nailed hands, Your nailed feet, and Your wounded side, there were now five beautiful stones! Five PRECIOUS DIAMONDS! (pause)*

*Jesus, if we were to gather up all the diamonds in the entire world, worth billions and billions of dollars, and offer THOSE diamonds as our way to get into Heaven, all those diamonds would not satisfy the debt that we owe for even one venial sin. (pause)*

*But Jesus, when You suffered terribly on the Cross, You paid that mighty price for us, to save us from all our sins! That is why we call You "Our Savior."*

*And that is why You showed Teresa that there is nothing greater that we possess than Your PRECIOUS WOUNDS - protecting us - always saving us. (long pause)*

## QUIET PRAYER TIME

*Boys and girls, let's have some quiet prayer time now and talk with Jesus, Heart to heart, about this. Thank Him for His five precious "Diamonds" that now belong to you and me.*

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.*

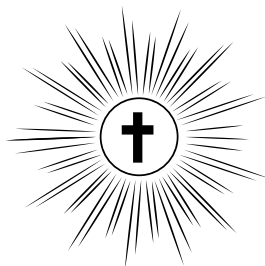
When Father/Deacon puts the Blessed Sacrament back into the tabernacle and closes the tabernacle doors, say: *Boys and girls, let's stand and sing "Immaculate Mary."*

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!*