

**A GUIDED EUCHARISTIC HOLY HOUR FOR CHILDREN  
A SAMPLE “SCRIPT” FOR THE PRAYER LEADER  
(SAINT ANTHONY)**

**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.*

**GREETING JESUS AND OPENING PRAYERS**

*(We are still kneeling) After Father/Deacon exits:*

*Jesus, we are so happy to be with You this evening to make our visit with You. (pause)*

*Lord, we’d like to call upon our Holy Guardian Angel and all the many “myriads and myriads” of Holy Angels present here with us right now and ask the Holy Angels to help us **adore** You. 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.**” (pause)*

*Next, we call upon the mighty “Prince of the Heavenly Host,” St. Michael. We ask St. Michael to help keep us **from being distracted** so we can keep our focus only on You, dear Jesus. Boys and girls, 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.**” (pause)*

Finally, we ask our beautiful Blessed Mother Mary to help us **love** You, Jesus. There is no person who ever 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.”** (pause)

Jesus, we do **love** You! We pray together our 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!...”** (long pause)

## ROSARY DECADE PREPARATION

Jesus, You know how each week we love to offer You our Rosary decade. In the year 1917, You sent our beautiful Blessed Mother from Heaven to a little town in Portugal, called Fatima. Our Lady spoke to three children, Saint Francisco, Saint Jacinta and Lucia. One of the things she told the children was that we should pray our Rosary decades every day. (pause) Jesus, we know this must be very important if You sent Blessed Mother from Heaven to tell us this. (pause) Tonight we would like to offer You the third Joyful Mystery, Your Nativity. (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 about Your birth.

(Be seated) Boys and girls, open up your Bibles to page 100. 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.)

On that night some shepherds were tending their sheep in a field near Bethlehem. Suddenly a great light shone upon them, and they saw an angel of the Lord standing before them. They were filled with fear, as they saw how glorious the angel was.

“Do not be afraid,” said the angel, “for I am bringing you good news of great joy for all mankind. Today in the city of David is born a Savior, who is Christ the Lord. You will find an infant wrapped in swaddling clothes and lying in a manger.” (pause)

And then they saw that the air around and the sky above them were filled with angels, praising God and singing: “Glory to God in the highest, and peace on earth among men of good will.”

*While they looked with wonder and listened, the angels went out of sight as suddenly as they had come. Then the shepherds said one to another, "Let us go over to Bethlehem and see this wonderful thing that God has made known to us."*

*As quickly as they could, they went to Bethlehem, and there they found Mary and Joseph, and You, Jesus, a little Babe lying in the manger." (Pause and look up towards the altar)*

*They told Mary and Joseph, and others also, how they had seen the angels, and what they had heard about this Infant. All who heard their story wondered at it; but Mary, Your Mother, said nothing. She thought over all these things and silently kept them in her heart. (Pause)*

*After their visit, the shepherds, praising God for the good news that He had sent to them, went back to their flocks.*

*In this way, Your birth, Jesus, as our Savior, was made known to the faithful people who were praying for your coming. You did not appear to the rich or powerful but to plain, simple, and unknown shepherds. You were poor, and therefore You chose poor men as Your friends. The poor and humble are the first in Your kingdom.*

*The shepherds had great faith and devotion. In Your childhood, Jesus, they adored the great God of eternity; in Your littleness they honored Your humility; in Your swaddling clothes they saw Your poverty; in the hardness of the manger, they wondered at Your love of sacrifice. They drew close to You and offered their little gifts with loving and grateful hearts. (pause)*

*Eight days passed. Then according to the Law, Mary and Joseph held the religious service in which a Jewish child was given its name. They called You Jesus. The name Jesus means "Savior." It was the name the angel (Gabriel at the Annunciation) said You should have. Your very name told what You would do for men. God had become Man to save the world! (pause)*

*(Prayer leader continues) Jesus, there are so many wonderful things to think about or meditate on from the story of Your birth as we offer you our Rosary decade. (pause)*

## **PRAYING THE ROSARY DECADE**

*Boys and girls, let's take out our Rosary beads 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, 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 third decade on our Rosary beads. *(pause)*

Jesus, as our special intention tonight, we offer this decade for every baby growing in his or her mother's womb. We pray that they will be born safely and that come to know and love You, just like we do, Jesus. *(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."** (10 times)

*(Optional: You can also pray the "Hail Mary" 9 times and then say: "Jesus, we have come now to our 10<sup>th</sup> Hail Mary. We call this our "Golden Hail Mary." If the boys and girls have any very special prayer intentions, they are going to tell you, Heart-to-heart, about those right now. (very long pause) 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)* as we 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."** *(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, MEDITATION OR BIBLE STORY OF THE WEEK

*Jesus, when You were a newborn Baby, the Shepherds came to adore You because You are God! We've come today to adore You too! We are so thankful for this opportunity to make a visit with You this way, just like so many of the Saints have done throughout the years.*

*We'd like to think about one of these Saints with You right now. His name is Saint Anthony of Padua. (pause)*

*Saint Anthony of Padua was a Franciscan priest. That means he was a priest in the religious family (called an "order") that Saint Francis of Assisi started in Italy. Anthony actually knew Francis! They lived at the same time. That was about 800 years ago.*

*Saint Anthony would travel from town to town and stop in the village square to preach to the people. One late afternoon, in a dusty town square, while Anthony was preaching to the townspeople about Jesus truly present in the Most Blessed Sacrament, a young man broke through the crowd and ran right up to him. "I don't believe you!" he cried. "Jesus is NOT present in the little white Host!"*

*"Yes, He is," answered Anthony. "When a Catholic priest speaks the words of consecration during Holy Mass, 'This is My Body' and 'This is My Blood,' the bread and wine become the Body and Blood of our Lord Jesus Christ. It is the greatest miracle of love for absolutely nothing is impossible with God!"*

*The man began to laugh. "That is ridiculous!" he cried.*

*Anthony looked at the man with great love and said, "But, my friend, it is absolutely true."*

*The man stopped laughing and snapped, "Then prove it, priest!"*

*"All right," replied Anthony. "How shall I prove it to you?"*

*The man stood very still and thought long and hard. Suddenly he turned and ran through the very large crowd that had gathered. A few moments later the crowd parted as the young man led a small donkey to the feet of Anthony.*

*"I challenge you!" cried the man. "I will starve this beast for 3 days. I will give it no water or food of any kind. In 3 days we will meet again at this very spot at this same time. At one end of the square you will stand with your piece of bread that you call 'Jesus.' At the other end I shall stand with a fresh pail of my donkey's favorite food. We shall then place the animal in the middle. If the beast comes to me, you will leave our town and never again speak to us about this nonsense of Jesus Christ in the little white Host."*

*“And if the animal comes to me first?” asked Anthony.*

*“Then,” said the man, “I will believe.”*

*“Very well,” said Anthony. “I shall see you here again in 3 days.”*

*So, for 3 days the man starved his donkey and for 3 days Anthony fasted and prayed. (pause)*

*A huge crowd of people had gathered to watch what would happen. They saw Anthony at one end of the square holding the monstrance with the Most Blessed Sacrament. On the other end of the square, they saw the young man with a large pail of delicious smelling food. The starving donkey was led to the middle.*

*It was then that Anthony cried out in a loud voice, “Creature of God! In the Name of our Lord and Savior Jesus Christ, truly present in the Most Blessed Sacrament, I command you, in His Name, to come and adore your Creator! Let all who witness this miracle today and all those who will hear of it in years and centuries to come, know that our Lord Jesus, is truly present, Body, Blood, Soul and Divinity, in the little white consecrated Host!”*

*Then the starving donkey, ignoring the delicious smelling aroma coming from the food in the pail his master was holding, immediately turned towards Anthony and began to walk to him. When the donkey reached Anthony holding Jesus in the monstrance, the creature bent his boney knees and knelt, bowing down his head in a gesture of adoration.*

*The crowd was stunned to silence! The young man dropped the pail of food and then dropped to his knees. He began to weep and strike his breast crying, “Lord Jesus, have mercy on me for I am a sinner!”*

*Then he raised his arms towards Anthony holding the Blessed Sacrament and cried, “Jesus! I believe! My Lord and my God!”*

*Then the great, vast crowd of people fell to their knees with cries of praise and thanksgiving for a great miracle had happened in their town: God had visited His people!*

*And to this very day, there is a shrine in Italy that marks the spot where the faithful priest of God, Saint Anthony “the Wonder Worker,” brought our Lord Jesus Christ, truly present in the Most Blessed Sacrament, to the people. There all creatures, including a four legged one, knelt and adored their God!”*

*(Long Pause) “Dear Jesus, my Lord and my God! The boys and girls are going to kneel with me now and together we are going to adore You, truly present here on the altar before us.*

*(Kneel, very long pause of quiet adoration)*

## QUIET PRAYER TIME

*Boys and girls, let's continue to talk with Jesus, Heart-to-heart, now.*

**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." (pause)*

*Jesus, in a moment, Father/Deacon is going 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!*

## 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.*

**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 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, 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 tonight! 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.*



**Catholic Kids 101**  
*"We are kids telling Kids about Jesus!"*



