

# A GUIDED HOLY HOUR FOR CHILDREN

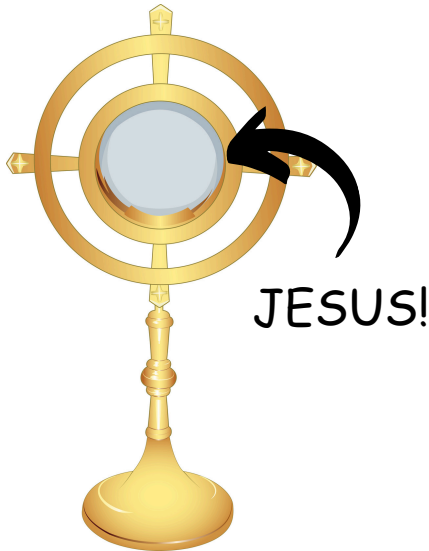


**Opening Hymn: O Saving Victim**

Words by Saint Thomas Aquinas

**O saving Victim, open wide,  
the gate of Heaven of 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 days,  
In our true native land, with Thee! Amen.**



**THE ORDER OF THE HOUR:**

**EXPOSITION OF THE MOST BLESSED SACRAMENT**

**GREETING JESUS AND OPENING PRAYERS**

**ROSARY BIBLE MEDITATION PREPARATION**

**PRAYING OUR ROSARY DECADE**

**LISTENING WITH JESUS TO STORY/MEDITATION**

**QUIET TIME OF PRAYER**

**BENEDICTION OF THE MOST BLESSED SACRAMENT**

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

Words by St. Thomas Aquinas

**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.**

**Closing Hymn:** Immaculate Mary, your praises we sing;

You reign now in splendor with Jesus, our King!

Ave! Ave! Ave Maria! Ave, Ave Maria!

## OUR PRAYERS

### HOLY GUARDIAN ANGEL PRAYER

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.

### ENTRUSTMENT PRAYER TO MOTHER MARY

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.

### 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!*