

Family Adoration Tools

Sr. Patricia M. McCormack, IHM, Ed. D.

Prayer Guide #1

(Written by Sister Marie O'Hagen, SSJ)

Sign of the Cross

ALL: Lord Jesus, we thank you for the time that we will spend with you today. Open our hearts to hear the message of love you wish to give to each one of us. Open our hearts to share with you all the love in our hearts. Amen.

Invitation to Quiet Time with Jesus

Leader:

Take quiet time now to talk with Jesus. A Reader will be the voice of Jesus. The Reader will pause to give you a chance to respond to Jesus within your heart. Talk with Jesus about your life.

- *Tell Jesus what brings you joy. Tell Jesus about the people you love. Tell Jesus all the good things that are going well for you at home, in school, with friends. (Pause for private prayer.)*
- *Thank Jesus for all that is good in your life. Thank Jesus for all the people you love. Thank Jesus for all your success. (Pause for private prayer.)*
- *Tell Jesus what worries you and makes you sad. Tell Jesus about the times in your life when you need more courage. Tell Jesus about the times you do not always feel confident. (Pause for private prayer.)*
- *Thank Jesus for strength when life is hard. Thank Jesus for understanding you. Thank Jesus for taking care of people you love. Thank Jesus for taking good care of you. (Pause for private prayer.)*

A Litany of Praise to Jesus

Parents: Jesus, your heart is holy.

Children: Lord, make my heart holy.

Parents: Jesus, your heart is kind.

Children: Lord, make my heart kind.

Parents: Jesus, your heart is pure.

Children: Lord, make my heart pure.

Parents: Jesus, your heart is strong.

Children: Lord, make my heart strong.

Parents: Jesus, your heart is forgiving.

Children: Lord, make my heart forgiving.

Parents: Jesus, your heart is peaceful.

Children: Lord, make my heart peaceful.

ALL:

Jesus, though I now leave your Eucharistic presence, I will carry your divine love to everyone I meet. Because you give so much love to me, help me not to be selfish. Bless me as I will try to share your love with my family, my classmates and friends, my neighbors and everyone. Help me to respect and love them, and to accept them as they are, not as I would like them to be. May your blessing, dear Jesus, help me to please you in everything I do. Thank you, Jesus, for this time with you. I will visit you again soon, because I know you are always here waiting for me.

Amen.

Prayer Guide #2

ACTS of Love

A Visit with Jesus in the Most Blessed Sacrament

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A = ADORE

Recognize and proclaim God's greatness. For instance, regard with awe, praise, honor, worship, revere, admire, commend, value, esteem, glorify . . . For example:

- *I praise you for the landforms that take my breath away: mountains, valleys, hills, deserts, and canyons.*
- *I admire that you do not hold grudges.*
- *I am awed when I see the power of the ocean.*
- *I glorify you whenever . . .*
- *I am amazed that you . . .*
- *I think that you are **WONDERFUL** because . . .*

C = CONFESS

Admit my sins, faults, and failings. For instance, acknowledge, admit, disclose, divulge, own, reveal, express guilt, sorrow or shame. For example:

- *I admit that I am selfish with my time.*
- *I feel guilty about the way that I talked to my mother yesterday.*
- *I am ashamed that I did not stick up for Tara when the kids were making fun of her*
- *I acknowledge that I . . .*
- *I confess that . . .*

T = THANK

Express gratitude to God. For instance, acknowledge a kindness or a favor that God gave to me, appreciate, be grateful. For example:

- *I thank you for the words of comfort that Pam spoke to me at the funeral of my friend.*
- *I appreciate the graces that you gave me to remain calm in the middle of the family stress last night*
- *I am grateful for the insight that you gave me today during the Gospel reading.*
- *Thank you for your patience with me.*
- *Thank you for . . .*

S = SEEK

Make known my needs to God. For instance, ask, seek, search, beg, appeal, petition, invite, question. For example:

- *Please help me know how to handle myself when the kids tease me.*
- *Will you please tell me if I am making the right decision about Eddie?*
- *I feel lonely. What should I do to have friends?*
- *My team wants to win tomorrow. I seek your blessing that we will play our best.*
- *Please give me the courage to do what is right when my peers pressure me.*

Prayer Guide #3 Hello! Jesus Speaking

DIRECTIONS: Consider these words of Jesus as Conversation Prompts. At the end of each paragraph pause and speak your responses to Jesus.

You do not have to be clever to please me; all you have to do is want to love me.
Just speak to me as you would to anyone of whom you are very fond.

Are there any people you want to pray for?
Say their names to me and ask of me as much as you like for them.
I am generous, I know all their needs, but I want you to show your love for them and for me by trusting me
to do what I know is best.

Tell me about the poor, the sick, and the sinners;
if you have lost the friendship or affection of anyone, tell me about that too.

Is there anything you want for your soul?
If you like, you can write out a long list of all your needs and come and read it to me.
Tell me of the things you feel guilty about.
I will forgive you if you will accept my forgiveness.

Tell me about your faults: pride, laziness, touchiness, self-centeredness, or meanness.
I love you in spite of these.
Do not be ashamed; there are many saints in heaven who had the same faults as you. They prayed to me,
and little by little their faults were corrected.

Do not hesitate to ask me for blessings for the body and mind; for health, memory, and success.
I can give everything, and I always give whatever will help a soul to become holier – more like me.

What is it that you want today? Tell me, for I long to do good for you.
What are your plans? Tell me about them. Is there anyone you want to please?
What do you want to do for them?

Is there any gift that you want to give to me?
Do you want to do a little good to the souls of your friends who have forgotten me?
Tell me about your failures, and I will show you the cause of them.

What are your worries?
Who has caused you pain?
Tell me about it. Decide to forgive and to be kind to that person, and I will bless you.

Are you afraid of anything? Do unreasonable fears torment you?
Trust yourself to me. I am here. I see everything. I will not leave you.

Have you joys to tell me about? Share your happiness with me. Tell me what has happened since
yesterday to cheer and comfort you. Whatever it was, no matter how big; no matter how small, I
prepared it. Show me your gratitude and thank me.

Are temptations bearing heavily upon you? Yielding to temptations always disturbs the peace of your soul.
Ask me, and I will help you overcome them.

Thank you for visiting. Go along now! Get on with your work or play or other interests.
Try to be quieter, humbler, more submissive, and kinder. Come back soon and bring me a more devoted
heart. Tomorrow I shall have more blessings for you.