

## Script for Guided Adoration of the Blessed Sacrament

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Eliminate harsh lighting. Create a peaceful, respectful environment with soft music playing in the background. Invite the group to sit. Explain:

For the next ten minutes we are going to adore Jesus in the Blessed Sacrament. There is no one-way to do that. You could use the time to merely sit in silence and look at Jesus or, within your heart, to sing a favorite Jesus hymn while you look at Jesus in the Blessed Sacrament, or you could use prayers from a book. Prayer is merely conversation with Jesus.

Tonight you will hear Jesus speak to you through my human voice and you will have time to speak to Jesus within your heart and later, to speak with your voice. You will find your verbal responses on the paper handout. (Titled: "*Family Adoration Tools – Prayer Guide #1*"). Parents, you can use this guide whenever you bring your children to visit the Blessed Sacrament.

### Family Adoration Tools

#### 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. Through my voice Jesus will talk to your heart. I will pause to give you a chance to talk with 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.

**Parents:** Jesus, your heart is kind.

**Parents:** Jesus, your heart is pure.

**Parents:** Jesus, your heart is strong.

**Parents:** Jesus, your heart is forgiving.

**Parents:** Jesus, your heart is peaceful.

**Children:** Lord, make my heart holy.

**Children:** Lord, make my heart kind

**Children:** Lord, make my heart pure.

**Children:** Lord, make my heart strong.

**Children:** Lord, make my heart forgiving.

**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.