

# LEADING A HOLY HOUR

## Some Pointers

### I. For The Leader

#### - PRACTICE

Practice the plans aloud several times before the Adoration session.

#### - COME EARLY AND PRAY PERSONALLY

Come early (30 minutes if possible) to do final preparations and to settle yourself. Ask Jesus to guide you and the children. Ask Him to speak through you. Ask His Presence to be felt.

#### - VOICE AND TONE

Your voice and tone help lead the children in their time with Jesus. You are just their guide, not really a teacher at this time. You want to speak loud enough for them to hear you, but soft enough so you don't overpower.

#### - SIT BEHIND THE CHILDREN

Sit behind the children, don't speak from a podium. Sitting behind the children lets your voice travel up to them and you don't have to speak as loudly. This also prevents you from coming between Jesus and the children. You remain their guide, not the focus.

#### - PACE YOURSELF WITH THE CHILDREN'S ATTENTION SPAN

Take your cues from the children. If they are still during quiet time, let them go longer; if they are restless early, move to the next prayer or song.

Redirect children's behavior with minimal interruption. Often times a finger signal to the lip is sufficient.

#### - USE A WATCH

A watch is helpful so you know when your time is coming to a close. Allow 8-10 minutes for the deacon/priest to close. Closing includes saying the Divine Praises, the Benediction (blessing the children with the monstrance), and reposing the Blessed Sacrament with a final song.

#### - HOW TO USE "PROSTRATION"

The children will sit during most of the hour, kneeling or prostrating at other times. Prostration can be done slightly different depending on your location.



## **II. A Checklist**

### **SPACE**

1. Will the children sit on the floor in front of the monstrance like the children in the Bible sitting around the foot of Jesus? Or will you have them in the pews?
2. How will you space the children? The children need some space around them so they can focus on Jesus. One rule of thumb would be: two children to a kneeler if they will be sitting in the pews. Do you want to place carpet squares on the floor as an indicator if the children will be sitting on a hard floor?
3. How will you get the children in? Which entrances will you use?
4. Are there any blind areas where the children won't have a good view of the monstrance?
5. Find the location in the front where you will welcome the students and introduce the hour.
6. Find the location behind the students where you will be their guide.

### **MUSIC/SOUND/LIGHTING**

7. Determine a place for a CD player and where the outlet is. Or will you be using your smart phone? And what is the connection to the bluetooth speaker.
8. Do you need a microphone? A wireless works well so your hands are free and you can be behind the children.
9. Check lighting. Which lights should be turned on and which ones remain off. You want the lighting to especially focus on the monstrance without all the lights turned on. This helps lead the children in prayer. Just a few other lights should be left on for the children to read their booklets, but that is all.

### **HELPERS**

10. Have you booked the date with Father or Deacon? Remember to send a reminder the day before Adoration.
11. Who will be your adult helpers? Do they need prior orientation?

### **BOOKLETS/SUPPLIES**

12. Who will print the booklets? Where will it be distributed?

<https://www.guidedchildrensadoration.com/adoration-pointers-and-thoughts.html>

<https://www.guidedchildrensadoration.com/a-checklist.html>