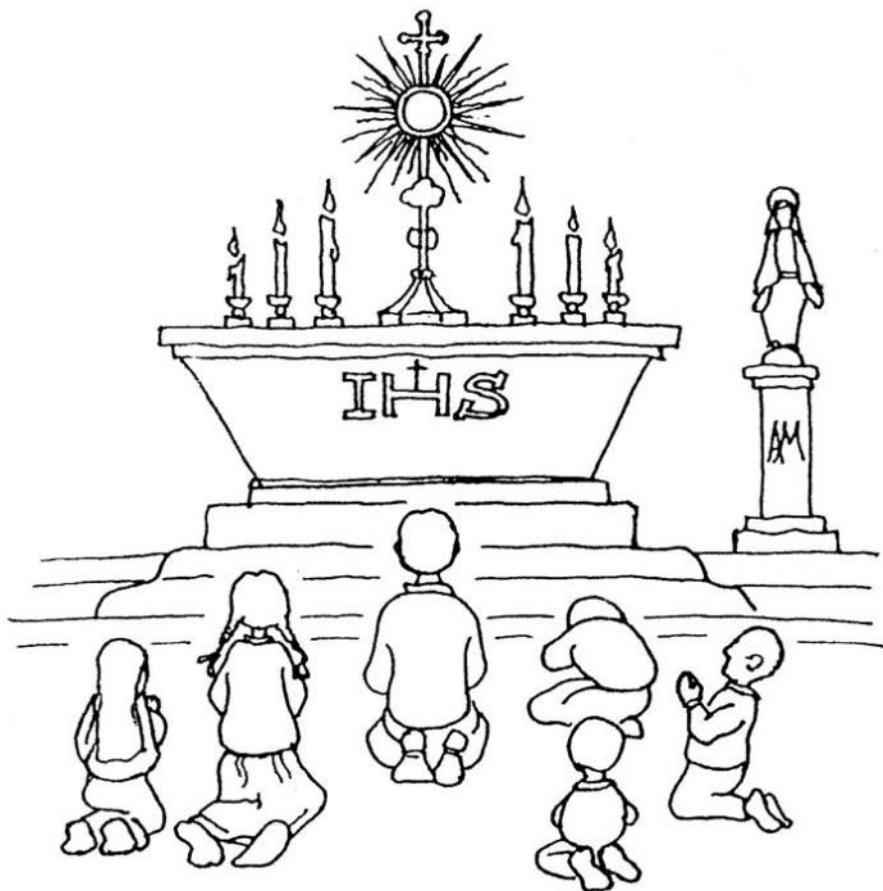


# My Eucharistic Adoration Prayer Book



With excerpts from the book:  
*"The Friend of the Little Ones"*  
by Blessed Edward Poppe

This booklet is designed to lead you in prayer before Jesus in the Blessed Sacrament. Pray and meditate as you go through it. You do not need to try to fill every minute of your time before Jesus with “words”. Jesus is very pleased when you pray with words, but also with prayers from your heart! Look at Him, and let Him gaze upon you as He fills you with His grace, His peace, and His love!

The first part is taken from a book written by Blessed Edward Poppe in 19?? for children just like you! From the time he was in the Seminary and heard the words of Pope St. Pius X at the International Eucharistic Congress in Lourdes in 1914, there burned within him a deep desire to lead children closer to the Eucharistic Heart of Jesus! He worked tirelessly to help children understand the love of Jesus for them! To show them the way to become Saints!

Also included in this booklet are prayers from the Angel of Fatima, who taught the little shepherd children, Jacinta, Francesco and Lucia, , to pray and to adore our Lord in the Eucharist! Plus, the Divine Mercy prayer, and remember dear children, that on the sixth day of the Novena Jesus told St. Faustina about how important you children are to Him! The children, He said, “strengthened Me during my bitter agony! I saw them as earthly angels who would keep vigil at My altars! Upon them I pour out whole torrents of grace!” That is you dearest child! He saw you here today, and each visit you make is a comfort to Him! Come often, sit at His feet and pray! Adore for those in the world who do not adore and who need many graces from God!

You may use this little book to help you pray before Jesus, and other times sit and talk with Him using your own words from your heart. Tell Him your joys, sorrows, and dreams for the future. Beg Him for peace in the world, how can Jesus refuse the humble prayers of a child like you? You are so loved by Him, never forget this! And, place your trust in His Mother, your Mother, Mary, she will always lead you to her son! God bless you!

[www.childrenofhope.org](http://www.childrenofhope.org)

## Visits to Jesus in the Blessed Sacrament

Excerpts from the book, "The Friend of the Little Ones"  
by Blessed Edward Poppe



You will find the following prayers useful during your visits to the Blessed Sacrament. You may also make use of them for your thanksgiving after Holy Communion. Pray through the prayers slowly, taking time to meditate on the words. Dear child, Jesus wants you to visit Him often! Jesus, your God, comes to dwell in the church to visit you! ... Would you pass the church without making a visit to him? Your divine Friend in the Tabernacle is there so alone! Go often to talk with Him ... Take your young siblings sometimes with you to visit Jesus. And, if you pass near a church, why not ask your mother: "May we go to the chapel? Jesus is there."

-If you have little time, then go and make a devout genuflection in the church and say a few loving words, "Good day, dear Jesus, I come to greet You, my Divine Friend, goodbye, I will come again soon!" Then you may go.

-If you have more time, speak to Him about our Holy Father, your Bishop, and your priests, your parents and friends . Also speak Him about yourself. Listen to Him. Give Him the time to inspire you with a good thought, a pious desire. If you have nothing more to say remain quietly at His feet for a few moments in silence. Let Jesus look at you; it does so much good!

St. John Berchmans made five visits to the Blessed Sacrament every day. St. Francis of Borgia visited sweet Jesus seven times each day! Blessed Margaret of the Blessed Sacrament never passed a church by, without going inside and greeting Jesus. Jesus himself said to St. Mary Magdalena of Pazzi, "My daughter, visit My Body and My Blood in the Tabernacle 32 times a day." Jesus does not ask so much of you, but he likes you to think of Him often from afar ... Think of Him alone in the tabernacle in the church. That can you do many times a day.

### **Visit to the Children's Friend, Jesus**

Jesus - Look attentatively at the altar. Do you see the little door of the Tabernacle? Look at Me. I am there in the Sacred Host, I, Jesus, I am here, all night and all day, and nearly always alone! ... You - Poor Jesus!

Jesus - I saw you coming, and I am glad that you are here!

You - Jesus, does my visit really please You?

Jesus - Yes , my child, I am very glad that you are here! There are so few that speak to me... My little friend, my dear little friend, will you talk with me? Think of me, console me, I love you so much ...

(Speak to Jesus now in the silence of your heart)

You - Dear Jesus, are You really all alone here? Alone all day long in this lonely church? Yet You are the Son of God! Why then are You here? Why do you remain all alone amongst the men who do not come to see you and who do not appear to love You?

(Listen carefully : Jesus answers you in the silence of your heart.)

Jesus - Yes my child, certainly I am God . I have thousands and thousands of angels around me in heaven. I am the Master of the universe! But I love men so much I want to make them good and happy. I want to comfort them and lead them to heaven! That is why I'm here. But unfortunately, they do not come to Me. My child , I am also here for you. I want to make you good, and to show you the way to heaven. I live here also for you, yes, for you!

You - For me, dear Jesus, for me? I am only a little child.

You think of me and You love me, even though I know You so little, I think so seldom of you.

Jesus - I have been thinking of you for a very long time. I have always thought of you, always! I am interested in all that concerns you. When you were a very little child in your mother's arms and did not yet know Me, I thought of you. I used to say to Myself then, "I will help that child to be holy and to go to heaven". You do not know how much I love you!

You - Sweet Jesus , I did not know that, I had never dared to dream such a thing Now that I know how much You love me I will love you very much in return! I will never pass a church without thinking of you. I will often come to visit you! You are my God! You are my Friend, my greatest friend!

Jesus - This is good , my child . You can not do anything without me. You can not do anything without my grace!

You : - It is true , good Jesus , I need you to strengthen me. I pray that you will help me . I ask this with Mary, your Mother. Teach me to love You and follow You .

Jesus - To my mother, I refuse nothing. I will help you, dear child .

You - Dear Jesus, I must leave now . But I will not leave you alone. I ask all the angels of heaven to remain and adore You in my place . They will keep you company along with your Mother, Mary .

Goodbye, dear Jesus!

Jesus : - Goodbye, dear child. I will not leave you alone. I fill you with My grace in your soul! ... Think of me!

-2-

Jesus-Look at Me, dear child. Look at the Sacred Host. See, I hide myself under the humble appearances of a little bread! I, your God! I, the King of Heaven... The King of Earth! In heaven My Glory is as brilliant as the sun!... And here I veil my beauty! In heaven thousands of angels adore Me and sing My praises! Here I am hidden and buried in solitude and silence. Look at Me, your God, infinitely great! See how I veil the splendor of my Glory! My child, I give you the example!...

O Mary, humble Virgin , Help me to become like Jesus, to imitate Him as you did. You were the holiest of all women and yet you remained simple and hidden. Everyone considered you a very ordinary woman. O Mary help me. St. Joseph, preserve my heart from all vanity! Keep me in simplicity.

Jesus - My child , whoever humbles himself will be exalted!

**Thanksgiving or visit for the children.**

Jesus - I am the true Friend of children. Speak to me today about these dear little ones! ...What do you want for the children? ...

Ask me for a great deal, ask me for everything, everything! For you children, are the darlings of my Heart!

You - Jesus, I ask you that all children may know and love You! All, dear Jesus, without exception! Grant that all children may love you more, and behave for love of You. Jesus, keep us pure and modest. Purity is our treasure!

Jesus : That's true, my child . Your purity is your treasure . I love the pure children very much, they are the lilies in my garden! They resemble my Mother!...

You - Oh Mary, my sweet Mother, you are the Mother of Good Counsel! Pray for my vocation. Help me to love your son more and more and to make little sacrifices as gifts of love!

**A visit before starting your school day.**

My dear Jesus , I come to make a short visit.

You wait so alone here! So deserted! So few come to visit you each day! ...I greet you in the name of our whole family.

I greet you in the name of all the school children who forget to visit You.

I greet you with the angels who surround you.

I greet you with your dear Mother , our Mediatrix, which you so love so much.

Bless us all. Help us in all our needs .

Help us be vigilant in our prayers. Help us do everything for love of You and Mary .

Come into my heart and make it like to yours...

Amen .

### **A visit after school .**

My dear Jesus , You are here in Your most Holy Sacrament . I come here to ask your blessing for my Father and Mother. They do so much for me! I ask your blessing for my good teacher who has been teaching me today. I ask your blessing upon all the people of the parish, for my Pastor, for the poor and the sick.

I ask your blessing for all the students of the school . Sweet Jesus, come into our hearts and stay with us . Teach us to follow you.

Help me to obey at home and to be friendly. Help me to do everything for love of You and Mary. Help me to be gentle and modest when I play. Remind me often to think of You for You are my best Friend!

Dear Mother Mary , I greet you with all my heart . Please continue praying for me here with Jesus, you are my beloved Mother!

- Goodbye , dear Jesus . Goodbye , dear Mother.



### **Longer visit.**

Pray the same as the previous visit . But tell Jesus what you desire for each person you name. Ask for example, for your Father, for health, strength, courage, holiness, etc. Ask the same graces for your Mother, your Pastor, etc.– for the sick, etc.

### **Prayer to know your vocation**

Most sweet Jesus, all that I have, all that I am, all that I can do is from You! You, have created me; You have redeemed me on the cross!... You have given me a right to Heaven. You are my Master and my Lord. Therefore I must always live for you and accomplish Your most holy Will.

It is Your Will that I be a saint! You have said so, “Be perfect as My Heavenly Father is perfect!” Lord Jesus, I wish to become perfect, I wish to become a saint. I ask You for the grace to do



so. Look after my education, prepare my future. Your providence marks out for each one his path. You destine some to be holy priests or religious. Ah, raise up many holy priests and religious, for Your church needs them! Others, by Your grace, will be pious fathers or mothers of families. For my part, I do not ask for riches, honor, or glory. I ask You for one thing only, that You call me to the state of life in which I can love You best. Give me the vocation in which I shall the most surely sanctify myself, do the most good to souls and work most usefully for the setting up of Your reign, for I wish to become a saint myself and to help others to do the same. Jesus, I want to love You and make You loved!

-Oh Mary, Mediatrix of all graces, You, of all women, are called to the most sublime vocation. You were chosen to be the Mother of God, the Mother of Souls. Obtain for me and all my friends the grace of a holy vocation.

O good St. Joseph, you were destined by God to be the Foster-Father of Jesus and to protect Him, be my protector, too. You have worked with Mary at the education of Jesus. Take care of mine, too. Watch over my vocation. Prepare my future, that I may be ready to follow the call of Jesus the day that He makes known to me the state of life He wishes me to follow.

## Jesus, We Thirst for You!

Our hearts are like a little cup, when you need a drink you ask mom and she places a cup under the faucet until it is full, and if left there longer it would over flow! When we come before Jesus in the Blessed Sacrament we bring our hearts like little cups and we hold them up to Jesus, asking Him to fill it with His grace, His Peace, His love, and all we need to be good and holy. We ask for graces to go back into the world, spreading kindness and joy to all we meet. We need this refill often! We always need His grace!



*John 7:37 "Let anyone who thirsts  
come to me and drink."<sup>u</sup>*

## The Message of Fatima

When the angel first appeared to the shepherd children, Lucia, Francisco, and Jacinta in Fatima, Portugal, it was to prepare them for the mission which Our Lord had planned for them. It would be given to them of course through our Blessed Mother. The angel taught the children to adore!

*"Don't be afraid. I am the Angel of Peace. Pray with me."* He then knelt on the ground, bending forward until his forehead touched it, and prayed:

***"My God, I believe, I adore, I hope, and I love You! I beg pardon of You for those who do not believe, do not adore, do not hope and do not love You!"***

He said this prayer three times. When he stood he then said to the children: *"Pray thus. The hearts of Jesus and Mary are attentive to the voice of your supplications."* Saying that, he vanished from sight. The children were overwhelmed and in a state of ecstasy. They repeated this prayer for a long time as the angel had done - on their knees.

Several weeks later, the angel appeared again and requested that they pray a great deal, offer sacrifices to the Most High and accept whatever sufferings which the Lord sent to them. In his third and final appearance in October, the angel brought with him a Chalice and suspended above it, a Host. Before offering the Host to Lucia, the only one who had received First Communion, he prostrated himself on the ground and said:

***"Most Holy Trinity, Father, Son, Holy Spirit, I adore You profoundly and offer You the most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the earth, in reparation for the outrages, sacrileges, and indifference with which He Himself is offended. And through the infinite merits of His Most Sacred Heart and of the Immaculate Heart of Mary, I beg of You the conversion of poor sinners."***

These prayers, taught by the angel, bring many graces from the hearts of Jesus and Mary! It is good to pray them often, and especially in adoration!

## **Prayers of Fatima:**

"My God, I believe, I adore, and I love You! I beg pardon of You for those who do not believe, do not adore, do not hope and do not love You!"

"Most Holy Trinity, Father, Son, Holy Spirit, I adore You profoundly and offer You the most Precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the earth, in reparation for the outrages, sacrileges, and indifference with which He Himself is offended. And through the infinite merits of His Most Sacred Heart and of the Immaculate Heart of Mary, I beg of You the conversion of poor sinners."



**Jacinta, Lucia, and Francisco**



## **The Message of Divine Mercy For Children**

Jesus Himself gave the Divine Mercy Novena to St. Faustina. On the Sixth day He reveals how He received comfort and strength during His bitter agony. He looked ahead throughout the ages and saw all the children who would adore Him. He saw you here today!

### **Sixth Day of the Divine Mercy Novena:**

**“Today bring to Me the Meek and Humble Souls and the Souls of Little Children, and immerse them in My mercy. These souls most closely resemble My Heart. They strengthened Me during My bitter agony. I saw them as earthly Angels, who will keep vigil at My altars. I pour out upon them whole torrents of grace. I favor humble souls with My confidence.”**

You see, dear children, that Jesus longs for you to come visit Him! Each visit is a time of grace for you, and those you lift to Him in prayer, but also it is a gift to Jesus, who loves you so much and longs to have you near to His Eucharistic Presence!

### **You can pray the Chaplet of Divine Mercy on your Rosary:**

1. Begin with the Sign of the Cross, 1 Our Father, 1 Hail Mary and The Apostles Creed.
2. Then on the Our Father Beads say the following:  
Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.
3. On the 10 Hail Mary Beads say the following:  
For the sake of His sorrowful Passion, have mercy on us and on the whole world.

*(Repeat step 2 and 3 for all five decades).*

4. Conclude with *(three times)*:  
Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. Amen!

## **Our Father:**

*Our Father, Who art in Heaven, hallowed be Thy name; Thy Kingdom come, Thy will be done on earth as it is in Heaven. 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.*

## **Hail Mary:**

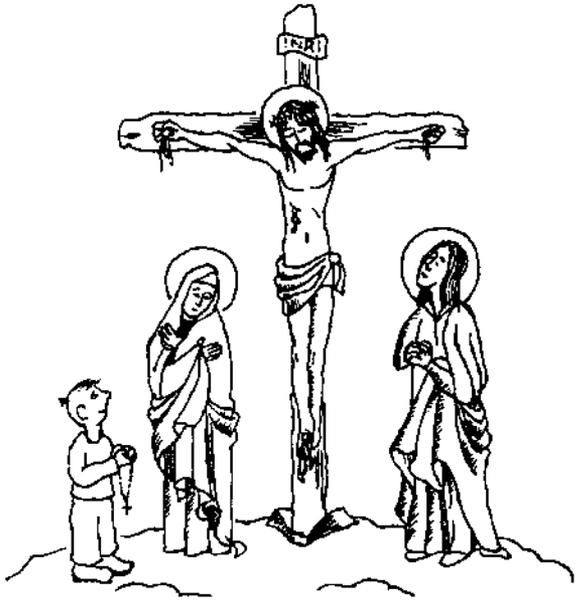
*Hail Mary full of Grace, the Lord is with thee. Blessed are thou among women and blessed is the fruit of thy womb Jesus. Holy Mary Mother of God, pray for us sinners now and at the hour of our death Amen.*

## **Apostles**

### **Creed:**

*I believe in God, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, our Lord: Who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and was buried. He descended into hell; the third day He rose*

*again from the dead; He ascended into heaven, is seated at the right hand of God the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.*



## Acts of Adoration

- *We adore You – here present in the Blessed Sacrament of the Altar - where You wait day and night to be our comfort, while we look forward to Your unveiled Presence in Heaven.*
- Jesus, our God, we adore You in all places where the Blessed Sacrament is reserved, especially where You are little honored and where sins are committed against this Sacrament of Love.
- Jesus, our God, we adore You for all time, past, present, and future, for every soul that ever was, is, or shall be created.
- Jesus, our God - Who for us has endured hunger and cold, labor and fatigue - we adore You.
- Jesus, our God, Who for us has endured the buffetings of Your Passion – the scourging - the crown of thorns, the heavy weight of the Cross - we adore You.
- Jesus, our God, Who for our salvation, and that of all mankind was cruelly nailed to the Cross, hung thereon for three long hours in bitter agony - we adore You.
- Jesus, our God, who for love of us, did institute this Blessed Sacrament – and who does offer Yourself daily for the sins of men - we adore You.
- Jesus, our God, Who in Holy Communion becomes the Food of our souls - we adore You.
- *All: Jesus, our God, we adore You for all time, past, present, and future, for every soul that ever was, is, or shall be created. Grant us the grace to comfort You. Jesus, I live for you; Jesus, I die for you; Jesus, I am yours – in life and in death. Amen.*

# Short Phrases of Adoration:

- Lord, I adore You, I bow in Your Holy Presence.
- Jesus, I give You my heart!
- Lord, I adore You. I respect Your Holy Presence.
- Look at the Host and the crucifix. What is the difference?
- When the priest says, “This is My Body”, Jesus comes.
- Close your eyes and ears to everything but Jesus.
- Jesus, speak, I am listening.
- My God, I believe, I adore, and I trust in You.
- Jesus, fill my heart with Your love, so I can share it with others.
- In order to love others I must receive You into my heart.
- Come into my heart. Come into my life.
- Jesus is gazing at you with so much love!
- Thank you, Jesus, for loving us so much!
- I know you are God; and I respect your Holy Presence.
- This chapel is an awesome place to be! What is different from our classroom? Jesus is HERE!
- We hear God speaking to us in the Gospel.
- How does He reduce Himself to be present in a little piece of bread?
- Nothing is impossible to God!
- My God, My God, I love You in the Most Blessed Sacrament!
- Jesus loves us and wants us to share His love with others.
- Your heart is like a little cup, we bring this to Jesus to fill us with His grace. Jesus, fill my heart with your love, your peace.
- Come now, come and bow, before the Lord Our God!
- For each moment we spend here with Jesus, our souls are changed forever!
- Thank you Jesus for blessing us today!

Once, Jesus told St. Catherine of Siena how much it pleases Him when a soul desires to receive Him in Holy Communion outside of Mass and out of desire they pray, asking for a spiritual communion with Him...

### **Spiritual Communion:**

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You.

### **Prayer for the souls in Purgatory**

(prayer of St Gertrude the Great)

“Eternal Father, I offer Thee the most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.”

### **Act of Love**

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of all whom I have injured.

### **Act of Faith**

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because you revealed them, who can neither deceive nor be deceived.

## Prayer of St. Francis:

Lord, make me an instrument of Your peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, the faith;  
Where there is despair, hope;  
Where there is darkness, light;  
And where there is sadness, joy.

O Divine Master,  
Grant that I may not so much seek to be consoled, as to console;  
To be understood, as to understand; To be loved as to love.  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life. Amen.



## **Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

## **The Last Word**

Jesus, I must soon leave You, but I carry away with me the gift of Your Love, which is an inspiration to come and visit You again in the Most Blessed Sacrament very soon.

Until my next visit, I leave my heart, in spirit, before Your Eucharistic Presence. Let its every beat tell You how much I love You and that I am longing to soon be in Your Presence again. Bless me before I go, dear Jesus. Bless my home and all my undertakings. Bless my family and friends and all those I have promised to pray for.

## **The Divine Praises**

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.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time.  
Amen.

# **Blessed Edward Poppe:**

**A Patron for you, the child who adores Jesus!**

He had a great love for children and wanted to bring them to love Jesus in the Holy Eucharist:

In his goal to sanctify children through the Eucharist, he conceived the plan of a “Eucharistic Crusade” which would be an association of children who love Jesus and wish to sanctify themselves in mutually supporting one another and showing a good example everywhere. For that, each can count on the grace that comes to us especially from the Eucharist. In June 1917, the Children's Eucharistic Crusade counted 90 members already. Piety flourished again in the parish. Edward was overjoyed. For the Feast of the Sacred Heart, 21 children aged 5 and 6 made their First Communion. They came from poor families, and the mothers wept with joy.

To find the strength he needed, Edward spent a great deal of time before the Tabernacle. Sometimes he sighed, “Oh, Jesus, how little men love You! At least, the two of us love each other.” On the eve of All Saints' Day, after a long day of confessions, a friend found him close to the Blessed Sacrament. “Edward, what are you doing there?” ”Oh! I'm not doing anything, I'm just keeping Our Lord company. I am too tired to talk to Him, but I'm resting next to Him.”

Blessed Edward lived a short life by the standards of today, He died in 1924 at the age of 33. In his short life he was able to bring so many children to love and adore Jesus in the Blessed Sacrament. As a patron Saint he still will obtain these graces for the children of today!

***Ask Blessed Edward to be with you and help you obtain graces for a deep love of the Holy Eucharist!***

## **Prayer For Blessed Edward's Intercession and Canonisation:**

Heavenly Father, We thank you for giving us Blessed Edward Poppe.

Through his intercession graciously hear our prayer. Grant that our love for your Son, for His Church, and for the Blessed Eucharist may increase. May his testimony encourage many to live as true Christians.

May his example inspire young men to become priests for today. Hasten the day of his glorification in the communion of your Saints. We ask this through the intercession of Mary, his and our Mother.  
Amen.

Our Father...  
Hail Mary...  
Blessed Edward  
Poppe,  
Pray for us!

