



Hearts for Worship

Eucharistic Worship for Children

Written by teachers in Westminster Diocese



About this booklet

This booklet was created by teachers who attended the diocesan Spirituality and Worship course in 2019. The theme of the booklet is 'Fruitful Hearts' - the Fruits of the Holy Spirit - and was written to support schools with Eucharistic worship in preparation for the seasons of Easter and Pentecost, although they can be used at any time throughout the year. The structure for each piece of worship was modelled on the resources from the Adoremus Congress in Liverpool in 2018. These can be found using the link below:

<http://www.liverpoolcatholic.org.uk/userfiles/files/ced/Information%20for%20Co-ordinators/Guidance%20Teaching%20children%20to%20pray%20before%20the%20Eucharist%20A5%20booklet.pdf>

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Praying before the Eucharist

Loving

We are to love our enemies as well as our friends.

Exposition	Genuflection and the Sign of the Cross before Jesus
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Gather	Hymn: <i>Ubi caritas...</i>
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Who do you want to pray for?
Tell Jesus what is in your heart and how you need
Him to help you and know that He will always hear
you.

Adoration	Reading: Gospel according to Luke 6:27-36
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Listen	Love your enemies, do good to those who hurt you, bless those who curse you, pray for those who treat you badly... be compassionate just as your Father is compassionate.
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Adoration	Silent reflection – time with Jesus
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Respond	What do we learn from this Gospel passage? Who has hurt you or been difficult for you lately? How could you show love to them?
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Litany:

Response: *Lord, help us to love all of your children*

1. For those who have hurt us recently
 2. For those who have said unkind things
 3. For those who have treated us unfairly
 4. For all those who have not shown love
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Traditional prayer: Our Father...

Benediction Hymn: *O Sacrament Most Holy...*
(priest/deacon) **Blessing:** In silence

Reposition Closing Prayer:

Go Forth Christ be with me, Christ be beside me
Christ be before me, Christ be behind me
Christ be at my right hand, Christ be at my left hand
Christ be with me everywhere I go
Christ be my friend for ever and ever. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Jesus, we adore you...*

Holding Hearts Energised by the life and love of Jesus we will:

*'Be compassionate just as our Father is
compassionate.'*



Praying before the Eucharist

Joyful (for the Easter Season)

'He is risen; He is risen, indeed.'

Exposition

Genuflection and the Sign of the Cross before Jesus

Gather

Hymn: *Be Still for the Presence of the Lord*

Who do you want to pray for?

Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear.

Adoration

Reading: Gospel according to John 20:11-18

Listen

Mary Magdalene meets the risen Lord and rushes to tell the disciples the good news.

Adoration

Meditation— time with Jesus

Respond

Let's stand with Mary Magdalene as she arrives at the tomb. The tomb is empty. She thinks she's lost Jesus forever. How is she feeling? (Silence). Perhaps you can hear her crying?

Suddenly Jesus appears to her – at first she thinks it's one of the gardeners. She doesn't recognise Jesus. Listen to his gentle question: 'Woman, why are you crying? Who are you looking for?'

Now listen as Jesus gently calls Mary by her name: 'Mary'. No-one calls her name like that, only Jesus. Her eyes are opened and she sees Jesus. How does she feel? (silence)

Let's join with Mary and gaze at the risen Jesus as Mary did (silence). Now let's see Mary as she runs back to the disciples, full of joy, to share the Good News.

Litany:

Response: *Lord, help us to bring your joy to others*

1. For people who don't know you, Lord
2. For people who are sad and lonely
3. For people who are sick and dying

Traditional prayer: Glory Be...

Benediction Hymn: *Sweet Sacrament Divine...*

(priest/deacon) Blessing: In silence

Reposition **Closing Prayer:**

Go Forth

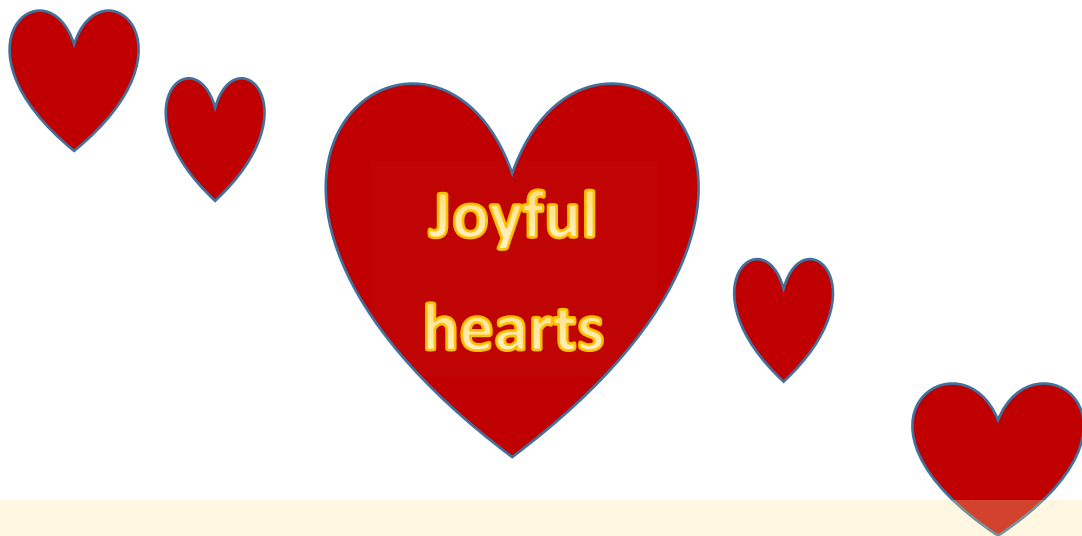
Jesus, thank you for the great gift of Holy Communion. We honour you here with us today. Everything we have comes from you. Thank you for all the gifts you have given us. Bless our homes, school and parish. Be with our families and help us every day. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Give me joy in my heart...*

Holding Hearts Energised by the life and love of Jesus we will:

'Bring joy to others through our actions, words and deeds.'



Praying before the Eucharist

Peaceful

Peace I leave with you; my peace I give you.

Exposition Genuflection and the Sign of the Cross before Jesus

Gather **Hymn:** *Peace Perfect Peace*

Who do you want to pray for?

Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration **Reading:** Gospel according to John 16:33

Listen I have told you these things so that you may have peace. In this world you will have trouble but take heart! I will overcome the world.

Adoration **Silent reflection – time with Jesus**

Respond What does the phrase 'peace be with you' mean?
Who has hurt you or been difficult for you recently?
How can we find peace in our lives?

Litany:

Response: *Jesus, help us all to live in peace*

1. For those affected by war and violence
 2. For those who are anxious and afraid
 3. For our leaders in our world who make difficult decisions
 4. For all those in our Church community
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Traditional prayer: Our Father...

Benediction Hymn: *O Sacrament Most Holy...*
(priest/deacon) **Blessing:** In silence

Reposition Closing Prayer:

Go Forth Christ be with me, Christ be beside me
Christ be before me, Christ be behind me
Christ be at my right hand, Christ be at my left hand
Christ be with me everywhere I go
Christ be my friend for ever and ever. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Jesus, we adore you...*

Holding Hearts Energised by the life and love of Jesus we will:

‘Be filled with the peace of Christ and do not worry.’



Praying before the Eucharist

Patience

Patience is the companion of wisdom.

St. Augustine

Exposition Genuflection and the Sign of the Cross before Jesus

Gather **Hymn:** *Be Still for the Presence of the Lord (v1)*

Who do you want to pray for?
Tell Jesus what is in your heart and how you need
Him to help you and know that He will always hear
you.

Adoration **Reading:** Gospel according to Luke 15:11-24

Listen My son was lost and now he is found.

Adoration **Silent reflection – time with Jesus**

Respond What do we learn from this Gospel?
How is the father in the story like Jesus?
How can you be like the father?

Litany:

Response: *Help us show patience*

1. For times when we are in difficulty or being challenged
 2. For situations when we are frustrated and angry
 3. For people who need our love and support
 4. For people who test us
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Traditional prayer: Our Father...

Benediction **Hymn:** *Jesus Remember Me...*

(priest/deacon) Blessing: In silence

Reposition

Closing Prayer:

Go Forth

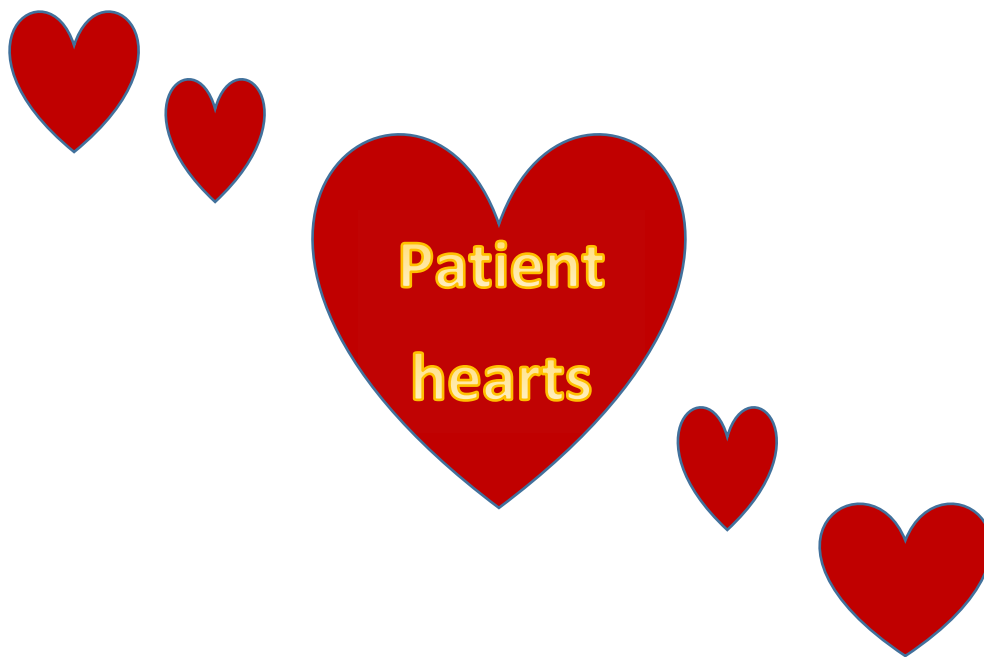
Christ be with me, Christ be beside me
Christ be before me, Christ be behind me
Christ be at my right hand, Christ be at my left hand
Christ be with me everywhere I go
Christ be my friend for ever and ever. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Amazing Grace... (v1)*

Holding Hearts Energised by the life and love of Jesus we will:

*‘Be patient with others in the same way that our Father
in heaven is patient with us.’*



Praying before the Eucharist

Kind

Kind words can be short and easy to speak, but their echoes
are truly endless.

Mother Teresa

Exposition Genuflection and the Sign of the Cross before Jesus

Gather **Hymn:** *Share the light of Jesus (v1)*

Who do you want to pray for?

Tell Jesus what is in your heart and how you need
Him to help you and know that He will always hear
you.

Adoration **Reading:** Gospel according to Ephesians 4:32

Listen Be kind to one another, tender hearted, forgiving
each other just as God in Christ also has forgiven
you.

Adoration **Silent reflection – time with Jesus**

Respond What acts of kindness can you share with Jesus?
Who needs your kindness today?
How can you show your kindness today?

Litany:

Response: *Lord in your mercy, hear our prayer*

1. Help us to be kind to others
 2. Help us to be tender-hearted
 3. Help us to forgive others who have trespassed against us
 4. Help us to be an example to others as you have been to
us
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Traditional prayer: Our Father...

Benediction **Hymn:** *O Sacrament Most Holy...*

(priest/deacon) Blessing: In silence

Reposition **Closing Prayer:**

Go Forth Jesus, thank you for the great gift of Holy Communion
We honour you here with us today.
Everything we have comes from you.
Thank you for all the gifts you have given us.
Bless our homes, school and parish.
Be with our families and help us every day. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Share the Light of Jesus (all verses)*

Holding Hearts Energised by the life and love of Jesus we will:

‘Be tender-hearted to all.’



Praying before the Eucharist

Good

'If you are what you should be, you will set the world on fire.'

St. Catherine of Siena

Exposition

Genuflection and the Sign of the Cross before Jesus

Gather

Hymn: O Lord hear my prayer...

Who do you want to pray for?

Tell Jesus what is in your heart and how you need

Him to help you and know that He will always hear.

Adoration

Reading: A reading from St Paul's letter to the Romans (12:2 – NLT)

Listen

Do not copy the behaviour and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know God's will for you, which is good and pleasing and perfect.

Adoration

Reflection – time with Jesus

Respond

How might we copy the behaviour and customs of the world?

What do you think God's good and perfect will is for your life at this time?

How could you renew your mind so that your will is good and perfect like God's?

Litany:

Response: *Lord, may your good and perfect will be done*

1. Help us to do what is good and right

2. Help us to speak words which are good and kind

3. Help us to think good and positive thoughts

Traditional prayer: Our Father...

Benediction **Hymn:** *Sweet Sacrament Divine...*

(priest/deacon) Blessing: In silence

Reposition **Closing Prayer:**

Go Forth

Jesus, thank you for the great gift of Holy Communion. We honour you here with us today. Everything we have comes from you. Thank you for all the gifts you have given us. Bless our homes, school and parish. Be with our families and help us every day. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *How Great thou Art*

Holding Hearts Energised by the life and love of Jesus we will:

‘Try to do God’s will in our lives by listening to him in prayer every day.’



Praying before the Eucharist

Trustful

'Every word of God is pure: He is a shield unto them who put their trust in Him.'

Proverbs 30:5

Exposition	Genuflection and the Sign of the Cross before Jesus
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Gather	Hymn: <i>Trust in the Lord</i>
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Who do you want to pray for?

Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration	Reading: Gospel according to Matthew 8: 23-27
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Listen	Jesus calms the storm
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Adoration	Silent reflection – time with Jesus
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Respond	What do we learn from this Gospel? How can Jesus help you to trust?
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Litany:

Response: *Hear our prayer*

1. For the times that we doubt, let us trust you
 2. For the times we are afraid, let us trust you
 3. For the times we need you, let us trust you
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Traditional prayer: Our Father...

Benediction	Hymn: <i>O Sacrament Most Holy...</i>
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OR Be still and know that I am God

(priest/deacon) Blessing: In silence

Reposition

Closing Prayer:

Go Forth

Jesus, thank you for the great gift of Holy Communion

We honour you here with us today.

Everything we have comes from you.

Thank you for all the gifts you have given us.

Bless our homes, school and parish.

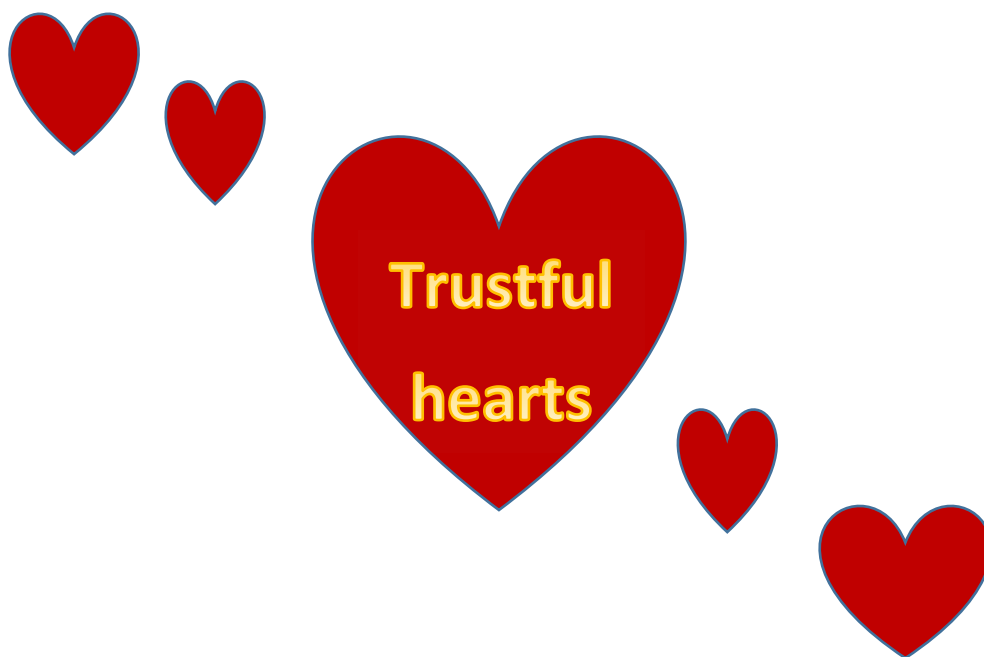
Be with our families and help us every day. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *My peace I leave you...*

Holding Hearts Energised by the life and love of Jesus we will:

‘Trust in the Lord and find new strength.’



Praying before the Eucharist

Gentle

Nothing is so strong as gentleness; nothing so gentle as real strength.'

St. Francis de Sales

Exposition Genuflection and the Sign of the Cross before Jesus

Gather **Hymn:** *Lay your hands gently upon us...*

Who do you want to pray for?

Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration **Reading:** Gospel according to Matthew 11:29

Listen 'I am humble and gentle of heart,' said Jesus.

Adoration **Silent reflection – time with Jesus**

Respond What do we learn from what Jesus has said?
How can you show gentleness?
What is Jesus' message to us?

Litany:

Response: *Lord, hear our prayer*

1. We pray for gentleness in our homes
2. We pray for gentleness in our hearts
3. We pray for gentleness in our minds
4. We pray for gentleness in our world

Traditional prayer: Our Father...

OR Gentle Jesus, meek and mild...

Benediction **Hymn:** *O Sacrament Most Holy...*

OR Peace Perfect Peace

(priest/deacon) **Blessing:** In silence

Reposition

Closing Prayer:

Go Forth

Jesus, thank you for the great gift of Holy Communion

We honour you here with us today.

Everything we have comes from you.

Thank you for all the gifts you have given us.

Bless our homes, school and parish.

Be with our families and help us every day. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Jesus, we adore you...*

Holding Hearts Energised by the life and love of Jesus we will:

‘Go out and be gentle with others.’



Praying before the Eucharist

Self-controlled

God, grant me the serenity to accept the things I cannot change.

Exposition Genuflection and the Sign of the Cross before Jesus

Gather **Hymn:** *Be still and know that I am God*

Who do you want to pray for?

Tell Jesus what is in your heart and how you need Him to help you and know that He will always hear you.

Adoration **Reading:** Gospel according to Luke 6:45

Listen A good person brings good out of the treasure of his heart... For the mouth speaks what the heart is full of.

Adoration **Silent reflection – time with Jesus**

Respond What do we learn from what Jesus has said?
What do you want to say thank you to Jesus for today?
How could Jesus help you to store treasure in your heart?

Litany:

Response: *Jesus, be the treasure of my heart*

1. We pray for our families and friends
2. We pray that you will use our hands to serve others
3. We pray that we will use kind words to those who are unhappy

4. We pray that God will help us to treat each other with love and kindness

Traditional prayer: Glory be...

Benediction **Hymn:** *O Sacrament Most Holy...*
OR Calm Me Lord (By Margaret Rizza)

(priest/deacon) Blessing: In silence

Reposition **Closing Prayer:**

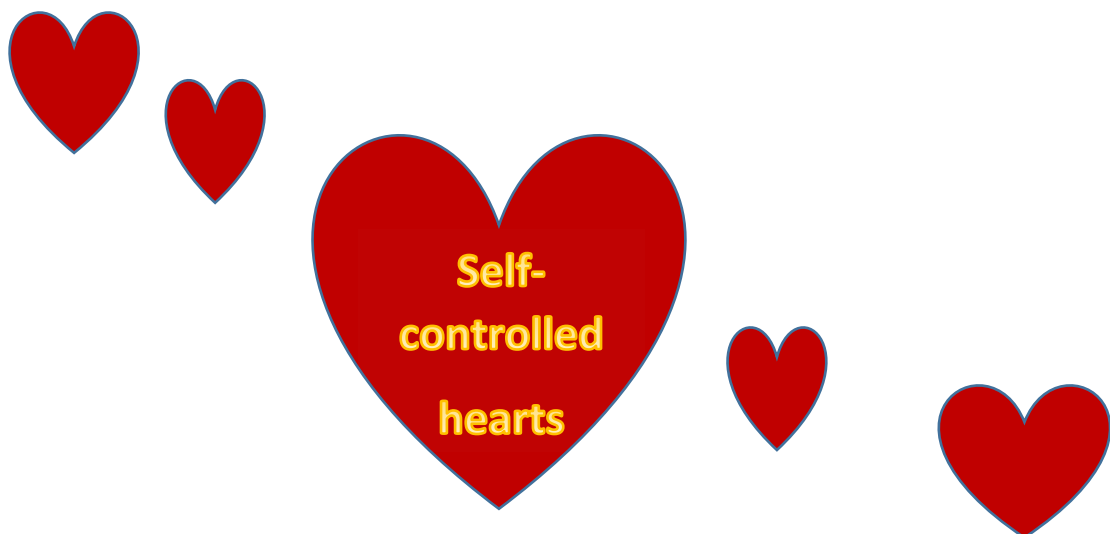
Go Forth Jesus, thank you for the great gift of Holy Communion
We honour you here with us today.
Everything we have comes from you.
Thank you for all the gifts you have given us.
Bless our homes, school and parish.
Be with our families and help us every day. **AMEN.**

Jesus is placed in the Tabernacle (if in church)

Acclamation: *Jesus, we adore you...*

Holding Hearts Energised by the life and love of Jesus we will:

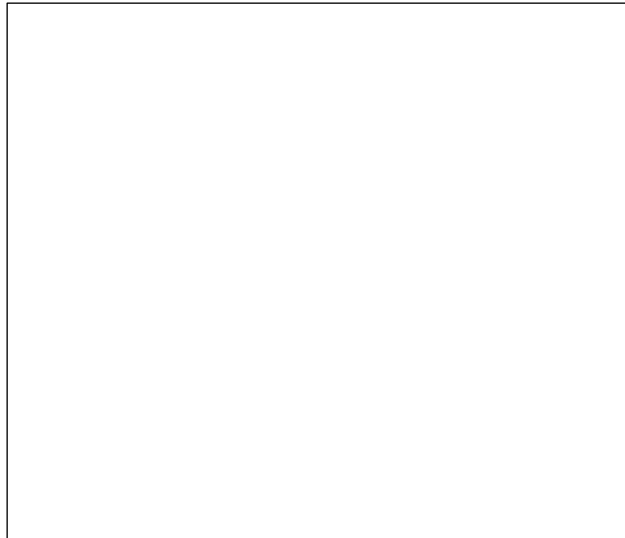
‘Bring out good things from the treasure of our hearts.’



Home/School/Parish links

Look closely...

Look around your church, can you find the **Paschal/Easter candle**? Draw/label it in the box below.



Treasure Hunt

Can you find these signs of Jesus around your church. These were symbols used by the early Christians after Jesus rose and sent His Spirit.



Chi ro



Fish (ichthus)



Alpha and omega

Match the Meaning

Match up these signs to the meaning:

Ichthus

Beginning

Alpha

End

Chi rho

Jesus Christ (initials)

Omega

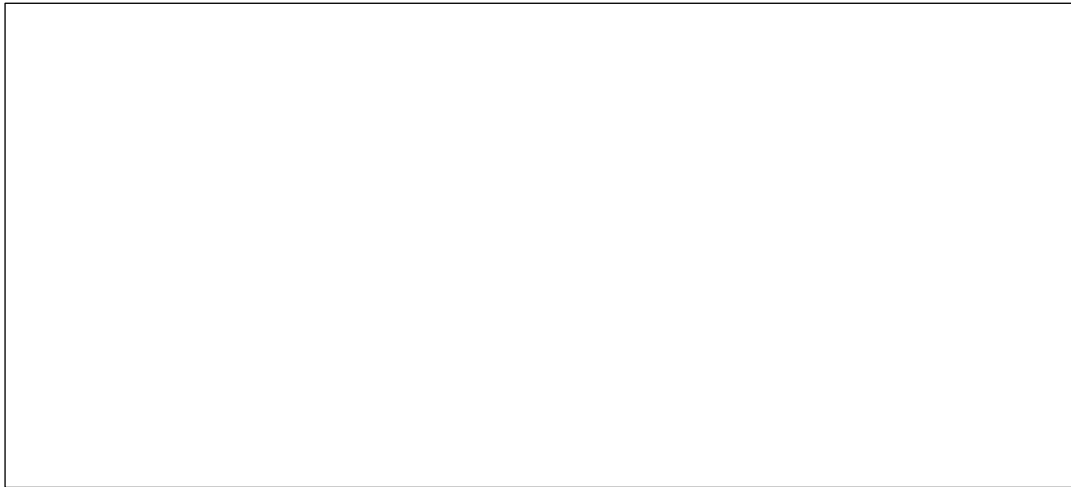
Jesus Christ, Son of God Saviour

Favourite Image

Look around your church. Can you find any images, statues, windows, posters etc. that show:

- The Resurrection
- The Ascension
- Pentecost
- The Holy Spirit

Draw your favourite part of the image in the box below.



Unscramble the fruits

vole	_____
yoj	_____
epeac	_____
cniaptee	_____
sediknns	_____
odesgons	_____
rsflestutuns	_____
ettesgnlns	_____
elfs-otocnrl	_____