



HOLY HOUR FOR NOVEMBER

“Let the Children Come to Me”

Hymn: *(O Sacrament most Holy.... or any other hymn of adoration and praise)*

(Silent moments of personal adoration.....)

Introductory:

The Eucharist is the great school of childlike trust in the Master. Before the mystery of God’s love, we too are children—small, dependent, yet incredibly loved. To adore the Eucharistic Lord, is to rest before a presence where our hearts and soul feel at home; to trust, to let go of our burdens. In His gaze, we rediscover our lost joy and peace we were created with. The Lord once took little children into his arms and blessed them, saying, *“Let the children come to Me, do not hinder them, for the Kingdom of Heaven belongs to such as these.”* This Holy Hour, we bring before to the Lord, all our children and the children of the world—those in our families, parishes, schools, streets, and villages. We lift in prayer especially those whose joy and innocence are stolen by the pressures of our modern culture, unhealthy competition, war, violence, and early exposure to what is not life-giving. We also ask the Lord to rekindle a childhood quality that might enable us to love all and be loved in return.

(Pause..... for Moments of Silent and Personal Prayer)

Hymn: *(A hymn of praise and worship)*

(Pause..... for Moments of Silent and Personal Prayer)

Invocation to the Eucharistic Presence

Lord Jesus, You who grew in wisdom and grace,
nurture the minds and hearts of our children with goodness.
You who welcomed the little ones,
embrace those who feel abandoned, unloved, or pressured.
You who calmed the storm,
bring peace to the restless spirit of children wounded by neglect, abuse, or exploitation.
Open our eyes, Lord, to treasure every child as a gift from You.

Teach us to protect their innocence and to guard their dreams.
Fill families, schools, and communities with the warmth of love and patience,
so that no child may feel forgotten, silenced, or burdened beyond their years.
May every child grow under Your gaze, safe in Your embrace,
and learn to smile with the freedom of those who know they are deeply loved. Amen.

(Pause..... for Moments of Silent and Personal Prayer)

Prayer to the Holy Spirit before Scripture Reading:

Come Holy Spirit, and make our minds and hearts a fertile ground for the seed of Your Word. May we welcome Your truth without resistance. May Your Word awaken in us, a desire to follow Christ more faithfully. Prepare us to listen, to ponder, and to live the Word with humility, love, and courage. Amen.

Hymn: *(A hymn to the Holy Spirit could be sung before listening to the Word of God)*

Scripture reading: Mark 10:13–16

Reflections:

Jesus never considered children a distraction from His mission. Even when the crowd pressed upon Him with urgent needs, He stopped, took time, and made space for little ones. He did not merely tolerate their presence—He *welcomed* them with affection, drawing them into His arms and blessing them tenderly. Jesus gave Children the dignity, showing that the Kingdom belongs to them. His touch and embrace reveal a God who values not only the strong and capable, but also the small, the dependent, and the fragile. For Jesus, no ministry was too important, no journey too urgent, to pause and give love to a child.

Childhood is meant to be a season of laughter, curiosity, play, and freedom. Yet how often do we see children today burdened with adult-like anxieties? Pressured by endless competitions, overloaded with expectations, exposed too early to violence, consumerism, and digital addictions, their joy fades into stress. Jesus calls children “the greatest in the Kingdom” not because of their innocence alone, but because they live in trust, dependence, and openness. We, as parents, educators, elders, and society, sometimes forget that children need space to simply *be children*. We must ask forgiveness before the Eucharistic Jesus, for the times we became a burden rather than a blessing to our children.

Hymn: *(A hymn of thanksgiving, healing, or praise)*

(Pause..... for Moments of Silent and Personal Prayer)

Points for Examination of Conscience:

- Do our demands for perfection and instant success rob our children of rest, play, joy and family closeness?
- Do we protect the innocence of our children, or do we let media and culture form them because we have no time to spare?

Hymn: *(A hymn of Repentance, forgiveness or resolution)*

We shall also listen to an inspiring excerpt from the writings of Kahlil Gibran on Children from the Book ‘The Prophet’)

ON CHILDREN by Kahlil Gibran

“Your children are not your children.
They are the sons and daughters of life’s longing for itself.
They come through you but not from you,

And though they are with you yet they belong not to you.
You may give them your love but not your thoughts,
For they have their own thoughts.
You may house their bodies but not their souls,
For their souls dwell in the house of tomorrow,
Which you cannot visit, not even in your dreams.
You may strive to be like them, but seek not to make them like you.”

(Pause..... for Moments of Silent Prayer)

General Intercessions:

For the children of the world—that they may be loved, protected, and nurtured in families that reflect God’s tenderness and care. *Lord, hear our prayer.*

For the children robbed of their childhood by poverty, war, abuse, or exploitation—that the Lord may restore their dignity and inspire parents, elders and guardians to protect them. *Lord, hear our prayer.*

For parents and educators—that they may not burden children with unhealthy pressures or those of their own unfulfilled dreams but form them in love, wisdom, and faith. *Lord, hear our prayer.*

For the schools, where our children spend the greater part of their day in the company of peers, teachers, and elders: that these places may be true homes of learning, respect, friendship, and growth. *Let us pray to the Lord.*

For each of us—that we may recover the lost spirit of childlike wonder, joy and trust in God’s providence. *Lord, hear our prayer.*

(Pause for silent personal intentions)

Benediction:

The Divine Praises:

Closing Hymn:

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