

INTRO TO ADORATION: HOLY HOUR

Introduction: 0-5 minutes

What is Adoration?

The worship of Jesus Christ present in the Holy Eucharist, independently of the Mass, usually displayed in a special holder called a monstrance for all to see Him. Anyone can come sit with Him and pray throughout the day and/or night in silence and solitude.

He asks each one of us, “So you could not keep watch with me for one hour?” I’m so glad that you heard Him calling you and that you are here!

What is a Holy Hour?

When we make a Holy Hour, we remain and stay awake with Jesus. We are present to God for a full hour without distraction. Bring Him your own agony, suffering, or gratitude as Christ did. Holy Hours are commonly done in Adoration of the Blessed Sacrament, but you could make a Holy Hour at anytime and anywhere: in a church, your home, or even outside in nature.

I keep up the Holy Hour to grow more into his likeness ... We become like that which we gaze upon. Looking into a sunset, the face takes on a golden glow. Looking at the Eucharistic Lord for an hour transforms the heart in a mysterious way as the face of Moses was transformed after his companionship with God on the mountain. - Venerable Fulton J. Sheen

It’s a powerful and beautiful way to grow closer to Christ, and to be more like Him.

How to Pray: Holy Hour

There are many ways to pray a Holy Hour! You might read a spiritual book, meditate on Scripture, pray a rosary, listen to music, journal, or you might simply sit and talk with God, Or you can pray with a combination of all the above. Today we will be using some of the Hallow app’s Holy Hour guideline, while including a meditation on Scripture.

Enter into Prayer: 5-8 minutes

Get comfortable and begin your prayer. We will begin by casting out the distractions and worries of the world out of our minds. Look at the Holy Eucharist and take a few deep breaths to settle our hearts and souls.

Now let’s pray this short Holy Spirit prayer:

*Breathe into me, Holy Spirit, that my thoughts may all be holy.
Move into me, Holy Spirit, that my work too may be holy.*

*Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me, Holy Spirit, that I may defend all that is holy.
Protect me Holy Spirit, that I may always be holy.*

Adoration: 8-18 minutes

Next, let's spend ten minutes simply adoring God. Since we are praying before the Blessed Sacrament, gaze at Jesus and let Him gaze back at you. Rest in wonder at who God is and how He invites you to know Him.

Contrition: 18-25 minutes

Spend a few minutes asking the Holy Spirit to reveal where you have fallen short and where you might need to ask for God's mercy. Pray this short prayer:

Lord, Jesus, Son of the Living God, have mercy on me a sinner.

Resolve to go to Confession soon as you're able.

Meditation: 25-45 minutes

This is the core of the Holy Hour – time spent in contemplating God. In this part of your prayer, you can sit in silence, pray the rosary or Stations of the Cross, or meditate with Scripture as we will do today.

Our chosen passage is from Matthew 6:51:

I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world.

Sit and ponder this question deeply in your heart while you look at Jesus in the Eucharist. I will periodically prompt you with a few sentiments from Jesus to deepen your meditation.

I am the Living Bread. Consider My Incarnation. The God of All Creation comes down from Heaven by the Holy Spirit and is made flesh. I am hidden in the Virginal womb of My Mother, Mary. I am silent. I am still. I am completely dependent on the care of My Mother. I wait to give life to the world through My Word and My Flesh. Do I not come to you in the same way through the Eucharist in the Holy Sacrifice of the Mass? I long for you to consume Me so that I can give life to your soul. Is your heart open to receive the graces that I want to give you?

I am the Living Bread. Close your eyes and come to Me raised up on the cross. You are standing next to My Mother. I have breathed My last. My hour has come and gone. I am hidden in the depths of death. I am silent. I am still. I allowed Myself to be crucified to save you and all mankind. I wait to pour forth My Mercy and give life to the world through My

pierced side. Now, open your eyes and gaze upon Me raised up in the Monstrance. Know that My Mother stands next to you right now! I am hidden in the veil of the Eucharist. I am silent. I am still. I allow Myself to be placed into a Monstrance so you can glorify Me. I wait to pour forth My grace upon you and speak to your heart. Do you believe that I will heal you? Do you believe that I will redeem you? Do you believe that I am the Living Bread?

Thanksgiving: 45-50 minutes

Spend some time thanking God for the gifts in your life. This might be something big, such as a new friendship or job, or it might be something small, like your coffee in the morning or the nice walk you took yesterday afternoon.

Petition: 50-55 minutes

Turn to God with the cares and concerns of your heart, those close to you, and all the needs of people throughout the world. Entrust everything to God.

Closing: 55-60

We keep these last few minutes open for you to say any last things to God and make a resolution that came out of your prayer: how is God calling you to act, think, change, pray? What can you take away from this time spent with Him?

Let's close our time in prayer with an Our Father.

Feel free to stay and pray as long as you'd like! Jesus delights in your presence!