

# **WELCOME**

## ***to Eucharistic Adoration***

*"Every Holy Hour we make so pleases the heart of Jesus, that it is recorded in Heaven and retold for all eternity!"*

*- St. Mother Teresa of Calcutta*



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## ***Don't Know How To Make A Holy Hour Of Adoration?***

### **Suggestion, Break the Hour Into Four Segments**

There is no correct way to actually "make" a Holy Hour of adoration. Silently saying the rosary, reading the Bible, saying the Divine Mercy Chaplet, praising Jesus, or just silently listening to the inspirations of Jesus are all good examples of how to make a Holy hour among many others.

For those who want some guidance a suggested way to begin making Holy Hours of adoration is to break the Holy Hour up into the following fifteen-minute segments:

- During the first fifteen minutes meditate on who is present before you-it is Jesus, in this very room, who walked the earth and died on the cross for us.
- During the second segment devote time to thoughts of praise and thanksgiving as you grasp the reality of His Presence before you.
- Dedicate the third period to a time of silent petition interceding not only for oneself but family, friends and the world.
- Lastly concentrate on a few simple prayers of atonement expressing to the Lord sorrow not only for our sins but also for the sins of the world.

*"At the end of this, thank Him for the grace for making this Holy Hour of adoration and ask for the grace to come again."*

# 25 Ways to Spend an Hour with Jesus

- 1 Slowly read scripture until something hits you. Then listen.
- 2 Pray the Rosary.
- 3 Let God look at you.
- 4 Tell Him something that made you happy. Then listen.
- 5 Tell Him what you are afraid of. Then listen.
- 6 Tell Him what angers you. Then listen.
- 7 Speak about your loved ones.
- 8 Pray for an enemy.
- 9 Talk with Him about work.
- 10 Sing a song for Him in your heart.
- 11 Promise to trust Him.
- 12 Imagine Mary sitting next to you and praying with you.
- 13 Renew your loyalty to His Church.
- 14 Lean on Him. Tell Him you love Him.
- 15 Thank Him for the Sacraments.
- 16 Tell Him your failures. Ask for help. Then listen.
- 17 Slowly recite the Beatitudes.
- 18 Say one Our Father slowly.
- 19 Say one Hail Mary slowly.
- 20 Say the Creed slowly.
- 21 Pray for vocations.
- 22 Ask Him to show you the next step.
- 23 Look at yourself. Count your gifts. Then thank Him.
- 24 Pray for the world.
- 25 Enjoy just being in His presence.

