

# WHAT DO I DO DURING A HOLY HOUR?

During your Holy Hour you can have some time with Jesus to recite your favorite prayers, read the bible, contemplate acts of faith, hope, charity, thanksgiving, reparation, pray a rosary or do whatever type of prayerful devotion that suits you before Our Lord. You can just sit and say nothing simply keeping Him company, just as you would with a dear friend. Below are some examples you may find helpful to give a structure to your Holy Hour:

## Example 1

Silence and Meditation – 60 minutes

## Example 2

Meditation – 30 minutes

Rosary – 20 minutes

Spiritual Reading – 10 minutes

## Example 3

Rosary – 20 minutes

Journaling – 20 minutes

Stations of the Cross – 20 minutes

## Example 4

Diving Mercy Chaplet – 10 minutes

Meditation – 20 minutes

Divine Office/Lit of the Hours – 30 mins

A Holy Hour is spending an hour devoted to prayer in the presence of the Holy Eucharist where Jesus Christ is truly present in His body, blood, soul and divinity.



## ADORATION OF THE BLESSED SACRAMENT

Blessed Pope John Paul II encouraged Adoration. In *Dominicae cenae*, he expressed: “The Church and world have a great need for Eucharistic worship. Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet Him in adoration, in contemplation full of faith, and open to making amends for the serious offenses and crimes of the world. Let our adoration never cease.”

Eucharistic Adoration is a powerful means of asking our Lord's intercession. Have absolute confidence and trust in the power of His love to bring peace to all. In these times, it is the Eucharist that is our Refuge, our Mercy, our Light, and Life.



## SHOULD I COMMIT TO AN HOUR EVERY WEEK?

# REMINDER

If you cannot stay please call the next adorer on the schedule to see if they can come early or contact the front office for assistance. Please stay until someone arrives if possible. Jesus cannot be left alone.

With Adoration being held every Friday from 9 am to 7 pm, we have 10 hours each week that need to be filled.

And with it being desirable that each hour be filled by at least two adorers, we only need 20 commitments to ensure that we keep watch with our Lord every hour of the week!

Although not required, two adorers can provide for each other as ready substitutes for times of planned and unexpected absences.

Please prayerfully consider your personal and family commitment to a weekly Holy Hour.

