



# HOW TO DO A HOLY HOUR

As Catholics we believe that Jesus is truly, really and substantially present in the Most Blessed Sacrament. We worship Him at the Mass, but we can also spend silent time of adoration before the Blessed Sacrament.

## Spiritual Communion

Blessed and worshiped be the most Holy Sacrament, Now and Forever. Glory be... (Repeat three times)

Lord Jesus, I firmly believe that you are present in the most Holy Sacrament. I adore you as true God here hidden. For my sins I ask your pardon. And because I love you above all things, I desire to receive you spiritually in this moment.

(Moment of silence)

Now that I have been united to you, I give you thanks and totally surrender to your holy will.

Soul of Christ, *sanctify me;*  
Body of Christ, *save me;*  
Blood of Christ, *inebriate me;*  
Water from the side of Christ, *wash me;*  
Passion of Christ, *strengthen me;*  
O good Jesus, *hear me;*  
Within your wounds, *hide me;*  
Separated from you, *let me never be;*  
From the evil one, *protect me;*  
At the hour of my death, *call me;*  
And close to you, *bid me;*  
That with your saints,  
*I may praise you forever and ever.*  
Amen.

## Enter into God's presence

The disciples on the road to Emmaus were walking with Jesus, but they couldn't recognize that it was him. It wasn't until they reached Emmaus that their eyes were opened. That is why the first step is to recognize Jesus in the Blessed Sacrament.

- Ask the Holy Spirit to come to you
- Repeat the name of Jesus slowly. You can also say His name, then your name, alternating.

- Close your eyes and imagine Jesus looking at you
- Make acts of faith: Lord I believe in your presence! I believe you are here! I believe you are my friend, etc.
- Say the titles of Jesus (Master, Lord, Friend, Messiah, Savior, etc.)
- Like Moses, remove your sandals, that is, cast your sins, worries, fears, etc. at His feet.
- Pray with one of the 150 Psalms



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## Cor ad Cor

You don't have to do everything every time, but use these as inspiration:

**REVIEW YOUR WEEK** Look back on the past week and talk with Jesus about the main events. Talk with Jesus about your upcoming week. It helps us gain wisdom when we reflect on these three questions: What did I learn from Jesus? From others? From myself? If you visit the Blessed Sacrament on a regular basis you can use this time to your daily exam.

**MEDITATION** Let the Lord speak to you through His word and pray with the Bible: read a chapter in the New Testament, pray with the Sunday readings, or a Psalm. Or read from an inspirational or devotional book, such as *21 Forms of Worship* by Vinny Flinn,

*Visits to the Blessed Sacrament* by St. Alphonsus Ligouri; *Imitation of Christ* by St. Thomas A Kempis or *Holy Hour* by Word on Fire, or any short writing by a saint.

**DISCERNMENT** Speak with Jesus about a specific topic: it could be from spiritual direction, the Sunday message, confession, or just something you need clarity or guidance on.

**CONTEMPLATION** Spend time in adoration and inner silence. Don't say anything. Look at him and let him look at you. Try to connect your heart with his and his with yours.

**PRAISE** Join all the angels and saints who constantly praise and bless God for his majesty and greatness and beauty.

“Christian contemplation is never a one-way gaze and neither is it directed at the ‘Nothing’ (as in certain Oriental religions, in particular Buddhism). It is always the meeting of two looks; our look at God and God’s look at us. If, at times, our gaze weakens, God’s never does.”

—Raniero Cantalamessa

## Intercession and Surrender

Take a prayer list and pray for others, presenting them one by one to Jesus, asking for what they need from Him. After interceding, entrust each of these requests to the Lord, and look with Him at what is coming up for you this week, entrusting each thing to His providence.

How much you have loved me, my God! How much you have done so that I may love you, my God! How much you have desired and desire still that I love you! Here I am, my God, here I am. My heart is ready. I won't reject anything that could prove my love for you! What do you want from me? Here I am!



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