



*"By standing before the Eucharist,  
we become holy"*  
- St Carlo

# A HOLY HOUR GUIDE

Young Adult Resource



# WHAT IS A HOLY HOUR?

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A Holy Hour is one hour set aside to be with Jesus in prayer. It is a time to slow down, be present, and open your heart to God.

## **Where Did the Holy Hour Come From?**

The tradition dates back to St. Margaret Mary Alacoque in 1674. Jesus appeared to her and invited her to spend one hour each Thursday night meditating on His suffering in the Garden of Gethsemane.

In Scripture, Jesus also invites His disciples — and us — to stay with Him during His agony:

*“Could you not stay awake with me one hour?”* — Matthew 26:40

When we make a Holy Hour, we respond to this invitation to remain with Jesus and keep Him company in love.

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# WHY MAKE A HOLY HOUR?

## WE MAKE A HOLY HOUR TO BE WITH GOD.

In our joys, struggles, questions, or gratitude, we turn to prayer as Jesus did. Venerable Fulton J. Sheen, who made a daily Holy Hour, wrote:

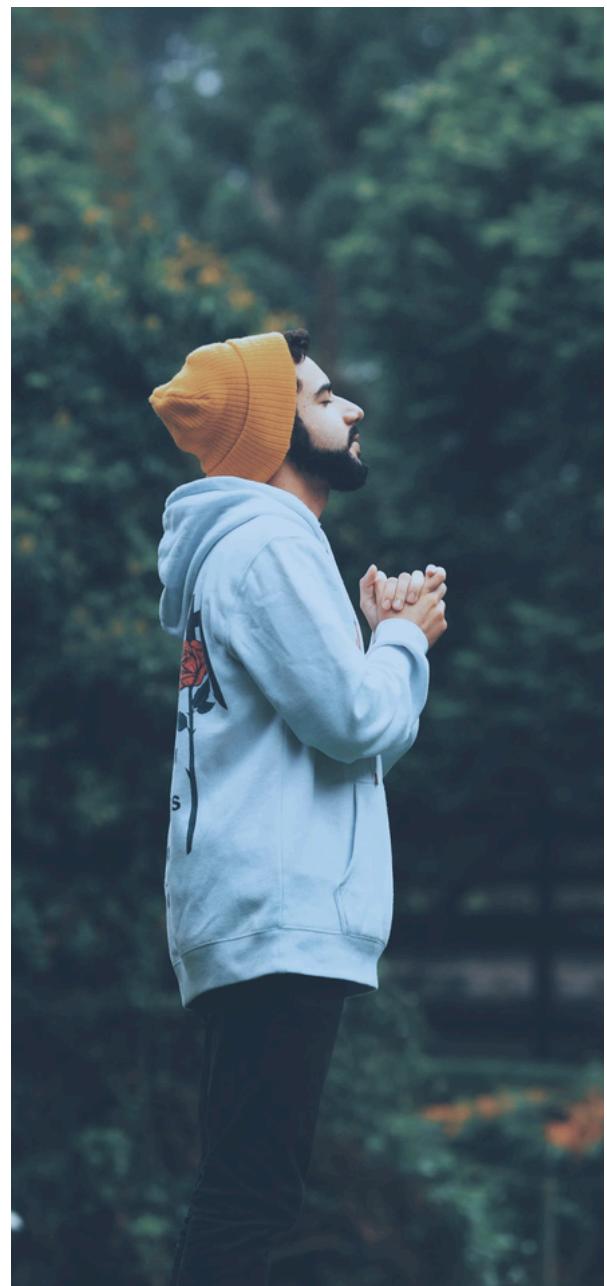
*"We become like that which we gaze upon."*

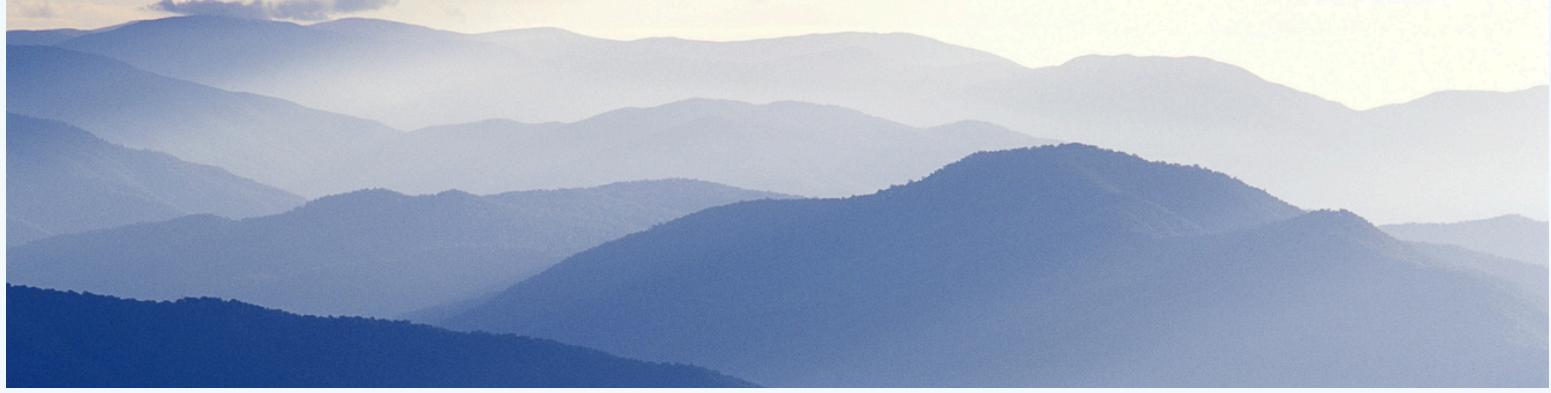
Time with Jesus transforms us. Whether before the Blessed Sacrament or in a quiet place, a Holy Hour helps us encounter God personally and deepen our relationship with Him.

## WHEN CAN YOU MAKE A HOLY HOUR?

Anytime, anywhere.

Traditionally it is done before the Blessed Sacrament, but you can make a Holy Hour in a chapel, at home, or in nature. What matters most is giving God your full attention for one hour.





# HOW TO PRAY A HOLY HOUR

There is no single “right way.” Use whatever helps your heart connect with God. Below is a simple guide you can follow:

## **1. Enter Into Prayer-**

Slow your breathing. Ask the Holy Spirit to help you pray. Begin with a short prayer (e.g., “Come, Holy Spirit,” or the Lord’s Prayer).

## **2. Adoration-**

Spend a few minutes adoring God — resting in His presence and His love for you.

## **3. Contrition -**

Ask the Holy Spirit to show you where you need mercy and healing. Offer your heart honestly to God.

## **4. Contemplation-**

The heart of the Holy Hour. Choose one or more:

- Sit in silence
- Pray the Rosary or Divine Mercy Chaplet
- Read and meditate on Scripture (Lectio Divina)
- Journal
- Reflect on a question Jesus asks in the Gospels

## **5. Thanksgiving -**

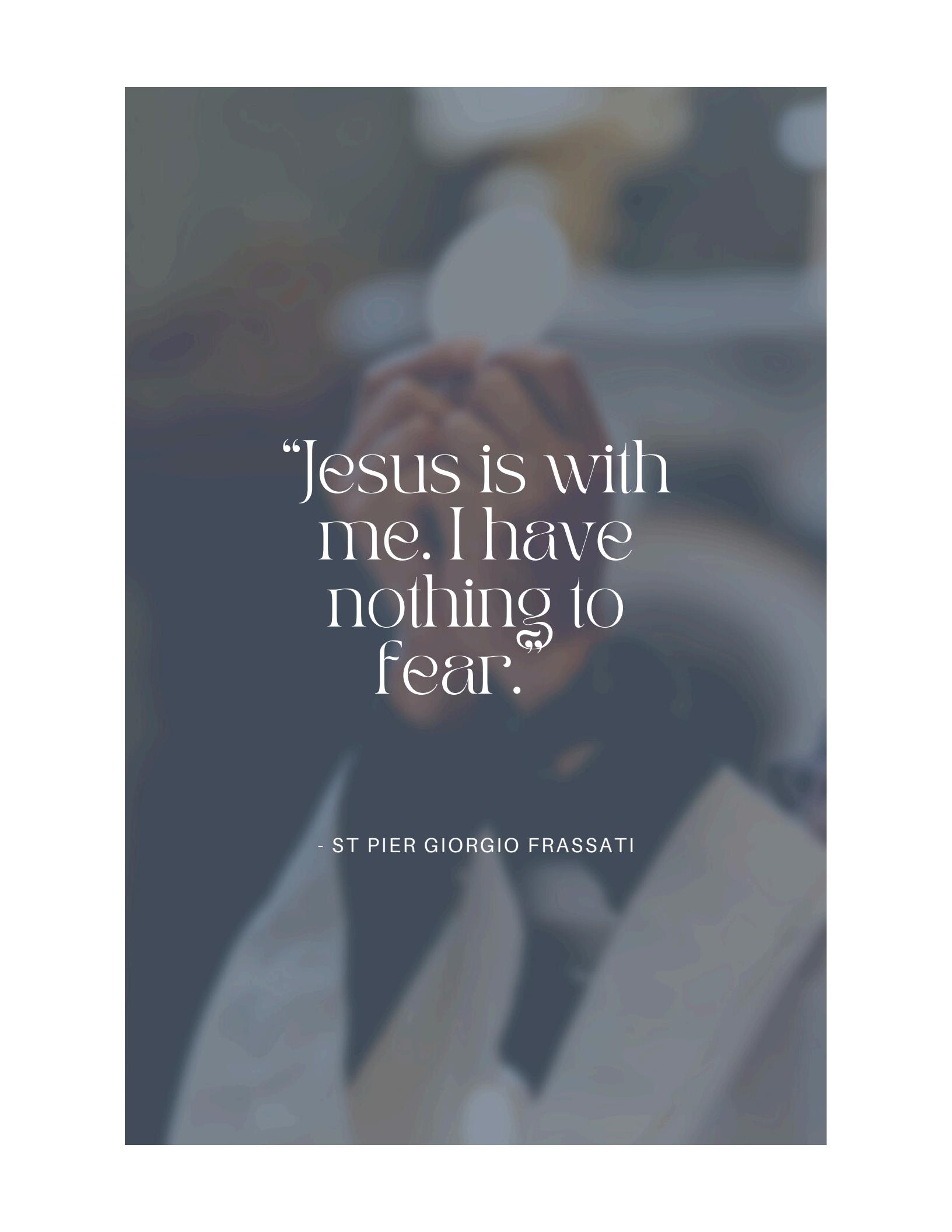
Thank God for the blessings in your life today — big or small.

## **6. Petition -**

Bring your needs and the needs of others to God. Entrust everything to His care.

## **7. Closing -**

Speak any final words from your heart. Ask: “What is God inviting me to do or carry forward from this time?” End with an Our Father or any prayer you choose.



“Jesus is with  
me. I have  
nothing to  
fear.”

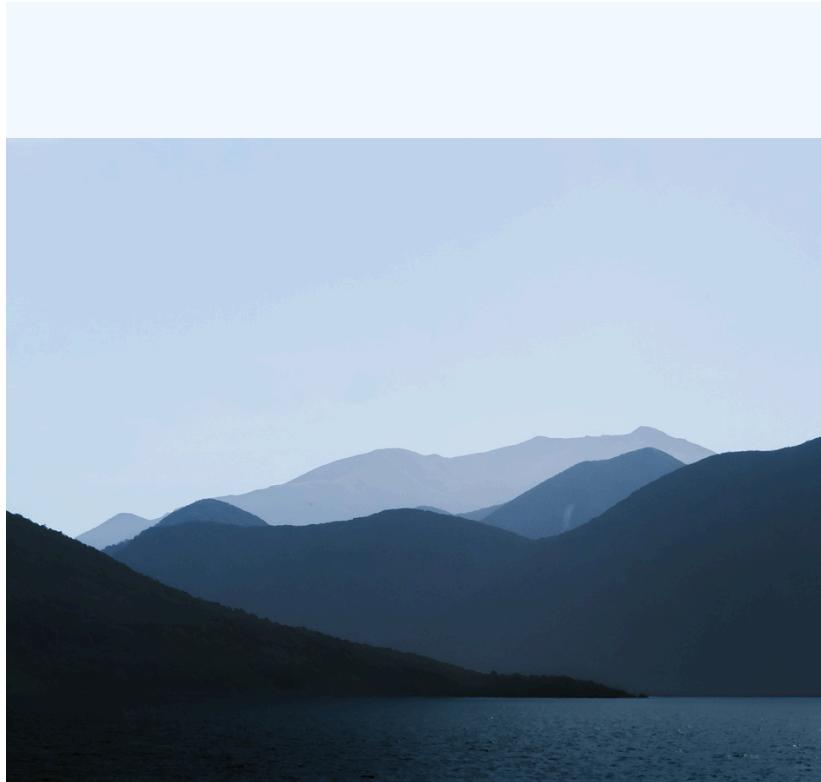
- ST PIER GIORGIO FRASSATI

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# ADDITIONAL PRAYERS

## **Anima Christi**

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 conceal me.  
Do not permit me to be parted from you.  
From the evil foe protect me.  
At the hour of my death call me.  
And bid me come to you,  
to praise you with all your saints  
for ever and ever.  
Amen.



*En ego, o boneet dulcissime Iesu*

Here,  
O good and gentle Jesus,  
I kneel before you,  
and with all the fervor of my soul  
I pray that you engrave within my heart  
lively sentiments of faith, hope, and love,  
true repentance for my sins,  
and a firm purpose of amendment.  
While I see and I ponder your five wounds  
with great affection and sorrow in my soul,  
I have before my eyes those words of yours  
that David prophesied about you:  
“They have pierced my hands and feet;  
I can count all my bones.” (Ps 22, 17)  
Amen.

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# DIVINE PRAISES:

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

Amen

# BENEDICTION

Tantum ergo Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensum defectui.  
Genitori, Genitoque  
Laus et iubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio.  
Amen.

Down in adoration falling,  
Lo! the sacred Host we hail,  
Lo! oe'r ancient forms departing  
Newer rites of grace prevail;  
Faith for all defects supplying,  
Where the feeble senses fail.  
To the everlasting Father,  
And the Son Who reigns on high  
With the Holy Spirit proceeding  
Forth from each eternally,  
Be salvation, honor, blessing,  
Might and endless majesty.  
Amen.

## *Litany of the Holy Eucharist*

Lord, have mercy. R. Lord, have mercy.

Christ, have mercy. R. Christ, have mercy.

Lord, have mercy. R. Lord, have mercy.

Christ, hear us. R. Christ, graciously hear us.

God the Father of Heaven, R. have mercy on us.

God the Son, Redeemer of the world, R. have mercy on us.

God the Holy Spirit, R. have mercy on us.

Holy Trinity, one God, R. have mercy on us.

Jesus, Eternal High Priest of the Eucharistic Sacrifice, R. have mercy on us.

Jesus, Divine Victim on the Altar for our salvation,

Jesus, hidden under the appearance of bread,

Jesus, dwelling in the tabernacles of the world,

Jesus, really, truly and substantially present in the Blessed Sacrament,

Jesus, abiding in Your fulness, Body, Blood, Soul and Divinity,

Jesus, Bread of Life,

Jesus, Bread of Angels,

Jesus, with us always until the end of the world,

Sacred Host, summit and source of all worship and Christian life,

Sacred Host, sign and cause of the unity of the Church,

Sacred Host, adored by countless angels,

Sacred Host, spiritual food,

Sacred Host, Sacrament of love,

Sacred Host, bond of charity,

Sacred Host, greatest aid to holiness,

Sacred Host, gift and glory of the priesthood,

Sacred Host, in which we partake of Christ,

Sacred Host, in which the soul is filled with grace,

Sacred Host, in which we are given a pledge of future glory,

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

For those who do not believe in Your Eucharistic presence, R. have mercy on us.

For those who are indifferent to the Sacrament of Your love,

For those who have offended You in the Holy Sacrament of the Altar,

## *Litany of the Holy Eucharist continued...*

That we may show fitting reverence when entering Your holy temple, R. we beseech You, hear us.  
That we may make suitable preparation before approaching the Altar,  
That we may receive You frequently in Holy Communion with real devotion and true humility,  
That we may never neglect to thank You for so wonderful a blessing,  
That we may cherish time spent in silent prayer before You,  
That we may grow in knowledge of this Sacrament of sacraments,  
That all priests may have a profound love of the Holy Eucharist,  
That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity,  
That we may be comforted and sanctified with Holy Viaticum at the hour of our death,  
That we may see You one day face to face in Heaven,

Lamb of God, You take away the sins of the world, R. spare us, O Lord.  
Lamb of God, You take away the sins of the world, R. graciously hear us, O Lord.  
Lamb of God, You take away the sins of the world, R. have mercy on us, O Lord.

V. O Sacrament Most Holy, O Sacrament Divine,  
R. all praise and all thanksgiving be every moment Thine.

Let us pray,  
Most merciful Father,  
You continue to draw us to Yourself  
through the Eucharistic Mystery.  
Grant us fervent faith in this Sacrament of love,  
in which Christ the Lord Himself is contained, offered and received.  
We make this prayer through the same Christ our Lord. R. Amen.

"COME TO ME, ALL YOU WHO LABOR AND ARE BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM MEEK AND HUMBLE OF HEART; AND YOU WILL FIND REST FOR YOURSELVES. FOR MY YOKE IS EASY, AND MY BURDEN LIGHT."

MATTHEW 11:28-30