

PRAYER FOR ADORATION

My Lord Jesus Christ,

It is Your great love for us that keeps You day and night present in the Blessed Sacrament, full of compassion and love, eagerly awaiting us to visit You. I believe that You are truly and completely present in the Sacrament of the Altar. From the depth of my heart, I adore You and I thank You for the many graces You have given me, especially for the gift of Yourself in this Sacrament, for the gift of Your most holy Mother as my Mother and for the privilege of visiting You in this chapel at this time.

My Jesus, I love You with all my heart. I am sorry for my ingratitude and I now resolve, with the help of Your grace, never to offend You again. I consecrate my entire self to You: my thoughts, my feelings, and all that I have. From now on, do with me whatever You will. All I ask for is Your love and strength to do Your Holy Will until the glorious day when I will see You face-to-face in Heaven for all eternity!

Amen.



ideas for adoration

Pray the Our Father very slowly

Fill-in-the-Blank:

God, thank you for ____ & ____ & ____

Tell Jesus something that made you sad.
Then listen. Tell Jesus something that
made you happy. Then listen

Fill-in-the-Blank:

God, I forgive _____ for _____

Pray the 'Jesus Prayer' over and over:
Lord Jesus Christ, son of God,
have mercy on me, a sinner

Tell him everything you're grateful for

Imagine yourself in a Gospel passage

Ask your favorite saint to come be
with you

breaking down a holy hour

There are so many ways to pray during a holy hour! If you're unsure what to do, here's a detailed suggestion. Only use this guide if it's helpful to you - feel free to spend your holy hour however you'd like!

:00-:05 – Begin

Ask the Holy Spirit to help you, then make acts of faith, hope, and charity. Tell God how you believe, trust, and love him. Ask for more faith, hope, and love.

:05-:15 – Adoration

Adore God. He holds the universe. He is all powerful, all good, more beautiful than we can imagine, and more real than the small things that we grasp so easily. Imagine Christ sitting with you. Tell him: "Oh my God, I adore your divine greatness from the depths of my littleness; you are so great, and I am so small." or "Glory be ..." Repeat as long as necessary. *Exodus 33:18-23; Song of Songs 2:8-17; Matthew 2:1-11; John 1:1-18; Colossians 1:15-20; Philippians 2:6-11.*

:15-:25 – Contrition

Offer reparation. Examine your conscience. Offer reparation for the sins of the world. Pray: "Oh my Jesus, I am so sorry. Forgive me." (Imagine Jesus on the cross; kiss each wound.) *1 Corinthians 13:4-7; Colossians 3:5-10; 1 Timothy 1:12-17; James 3:2-12; 1 John 1:5-2:6; Penitential Psalms: 6, 32, 38, 51, 102, 130, 142.*

:25-:40 – Meditation

- Pray the Stations of the Cross
- Meditative Rosary
- Scripture meditation: Read a brief Gospel passage. Imagine the scene. Picture yourself in it.
- How have you seen God working in your life recently? In the joys? In the challenges?
- What is Jesus saying to you today?

:40-:50 – Thanksgiving

Express gratitude for all God's gifts. He didn't just create you, he sustains your existence out of love in every moment. Thank him for everything, and be specific: food, shelter, clothing, health, family, co-workers, home, and most of all spiritual gifts – faith, hope, love, this time of prayer, the Catholic faith. Thank him for crosses. Thank him for creating you and caring so much for you that he died for you. *Genesis 8:15-22; Job 1:13-22; Matthew 6:25-34; Luke 17:11-19; Psalms: 8, 65, 66, 100, 111.*

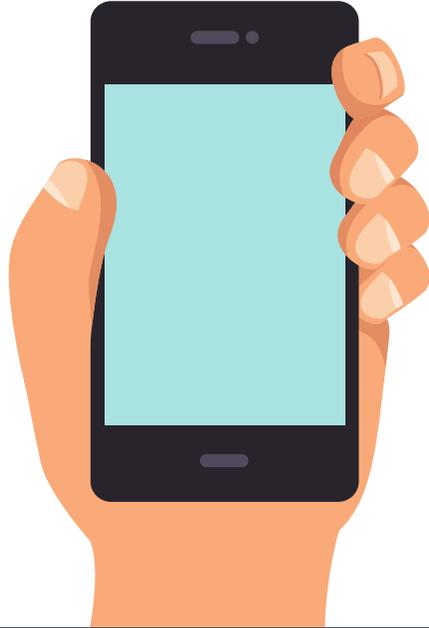
:50-:55 – Petition God

Ask God for what you and others need. Pray for: the Church, the pope's intentions, for those who are suffering, for priests and bishops, for religious, for vocations, for your country, your family, for what you need most in the spiritual life. Pray for those who have asked for prayers.

:55-1:00 - Wrap Up

Final 5 Minutes: Make a resolution to act on a light of the Holy Spirit you received: something doable and checkable. Ask the Blessed Mother to help you as you head back into the world.

apps & resources for adoration



iBreviary for the daily readings and the
liturgy of the hours

Hallow for audible prayers and
meditations (bring headphones!)

Read the Psalms and the Proverbs

Books in the back of the chapel

Magnificat