



HOW TO MAKE A HOLY HOUR





WHAT IS EUCHARISTIC ADORATION?

Eucharistic Adoration is visiting and spending time with Jesus in the Sacred Host. It is an expression of our love for Jesus, who loves us so much that He never wants to leave us and stays with us day and night in the Blessed Sacrament. He says: *"Behold I am with you always," "I have loved you with an everlasting love, so I am constant in my affection for you"* (Mt 28:20; Jer 31:3). **The visit to the Blessed Sacrament... is a great treasure of the Catholic faith.** It nourishes social love and gives us opportunities for adoration and thanksgiving, for reparation and supplication...Adoration of the Blessed Sacrament [is] . . . in full accord with the teaching of the Second Vatican Council" (Pope John Paul II, Phoenix Park, Ireland, 1979).

START HERE

This booklet is merely a guide and the 'What To Do' section contains suggestions to help you get started. Adoration is personal time between you and the Lord in His incarnate form as Jesus in the Eucharist. However, you choose to spend this time is up to you. In general, remember to be reverent and quiet so as not to interrupt others' prayers.

WHY EUCHARISTIC ADORATION?

Because Jesus loves you infinitely, unlimited is the joy you bring to His Sacred Heart when you spend an hour with Him in the Blessed Sacrament. Jesus stays with us day and night in the Blessed Sacrament, calling out to each one of us: *"Come to me all of you who are weary and find life burdensome and I will refresh you"* (Mt 11 :28). Jesus stays with us in the Blessed Sacrament to refresh us in mind, heart and spirit by lavishing on us those graces that encourage us, console us, strengthen us, guide us and inspire us to place all of our trust in His Sacred Heart, so that the power of His love may cast out every fear, doubt, worry and anxiety we have.

Adoration helps people to be more personally involved with Christ because it makes the Eucharist more central in the lives of people. By spending time with Jesus in the Eucharist, one is able to establish a truly personal relationship with Him. "Out of the darkness of my life, so much frustrated, **I put before you the one great thing to love on earth: the Blessed Sacrament...** There you will find romance, glory, honor, fidelity, and the true way of all

your loves upon earth." "I fell in love with the Blessed Sacrament from the beginning-and by the mercy of God never have fallen out again" (J. R. R. Tolkien).

"The Eucharist is the point where God and the soul meet--God with all His graces, the soul with all its wants," (Venerable Fulton J. Sheen). Mother Teresa wrote, **"The time you spend with Jesus in the Blessed Sacrament... will help bring about everlasting peace on earth."** The Eucharist brings peace to all hearts. And peaceful hearts make a peaceful world.

"The Eucharist makes the Church" (Catechism of the Catholic Church, 1396). "As 'the vital and enduring center around which the entire community of the Church is gathered' (*Ecclesia in America*, 35), the Eucharist is at once the source of every apostolate and the Church's greatest spiritual treasure" (Pope John Paul II, Letter to the Knights of Columbus, August 2002).

Adoration builds community because the Eucharist is the Sacrament of Unity. As one person unites with Jesus in the Blessed Sacrament, Jesus unites everyone closer together through the bond of His Divine Love.

WHAT TO DO

Suggestions and prayers for making a private Holy Hour of Adoration:

- Upon entering the Church or Chapel, reverently genuflect (or bow, if you cannot), to Jesus personally present in the Most Blessed Sacrament.

Adoringly, praise the Lord for His Real Presence in the Holy Eucharist and always being there for you, 24 hours a day, seven days a week!

- Thank God for His love, His sacrifice, His Eucharistic Presence. Rest in Him.

He waits for us in this Sacrament of Love!

SPEAK TO JESUS

- This is the time to have a conversation with the Lord. In the Church, we call it prayer, but it is just a conversation.
- Whatever is on your heart, Jesus already knows. He's waiting for you to tell Him like a parent waits for a child to tell mom and dad what is bothering him, despite the parents already knowing the full story. (The Lord is quite a gentleman, He won't push you.)
- There is no right or wrong way to pray.
 - Memorized prayers: Our Fathers, Hail Marys, St. Michael Prayer, The Rosary, etc.
 - Spontaneous prayers
 - Prayers of thanksgiving
 - for the obvious blessings the Lord has bestowed and the not-so-apparent ones
 - Prayers of adoration
 - Prayers of offering
 - ask the Lord for specific sacrifices you may make to grow in holiness
 - Prayers of petition
 - of your intentions and those around you
 - Prayers of forgiveness
 - of your own sins and those of the world

LISTEN TO JESUS

- On the other hand, sometimes, you may need simply

sit. Relax in His presence and let your guard down. Let His love envelop you. Let Him hold you.

- It's okay to get emotional- Adoration is quite moving! You're face-to-face with Our Savior!

REFLECT

- Sit in the silence. In today's world, we're used to running and being busy. Resist the urge to run out the door to the next thing.
- Take the time to close your eyes and rest in the Lord's presence.
- If anything strikes you, write it down! Many folks bring along paper or journals to write in. It's not disrespectful.

SPIRITUAL READING

- You might be surprised how much the Lord will "talk" to you through the written word. Reading in Adoration can be a great way to spend an hour with the Lord!
- Bring along spiritual reading. This can include:
 - Prayer books
 - Devotionals
 - Books on Adoration or the Eucharist
 - Books on the saints
 - The Bible, itself
 - Books recommended by your spiritual director
 - Daily Mass readings in the missal
- Check out the literature racks in the narthex (the area in back of the church by the St. Dominic statue) where there are several booklets on topics of interest.
- Blessed Sacrament also has an extensive library in the church basement (Assembly Hall) with more books available in the parish center. Let us know if you're looking for something- we probably have it!

ONE HOUR WITH THEE

One hour with Thee, O dearest Jesus,
In silence at Thy feet
One hour of rest, of joy, of bliss,
My God, my God, how sweet.
To kneel before Thy earthly throne,
And gaze upon Thee there -
To be one hour with Thee alone
And oh, to be, to be so near...
To be one hour with Thee alone,
And oh, to be, to be so near.

What can I do, what can I say,
How praise, how thank, how love,
What fitting homage can I pay,
O angels from above.
Lend me your voices for this hour,
Lend me your tongues to speak -
Some words of love,
Some words of praise,
For mine are all, are all too weak!
Some words of love,
Some words of praise,
For mine are all, are all too weak!

Many excerpts on pages 1-4 taken from Missionaries of the Blessed Sacrament Pamphlets A-9, A-10, & A-11.

For more information and materials from them, please visit
www.acfp2000.com

For another great resource, check out Magnificat's Adoration Companion at
bookstore.magnificat.net and search for "Adoration Companion."



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