

ENCOUNTERING THE

# Silence

A Simple Guide to Making a Holy Hour

## What is a Holy Hour?

A Holy Hour is not about "doing" something perfectly; it is about "being" with Someone who loves you. It is an hour consecrated to the Sacred Heart of Jesus, truly present in the Holy Eucharist. Whether you spend it reading, praying, or simply sitting in silence, the goal is the same: to be with Him.

If you are unsure how to fill the time, try dividing the hour into four 15-minute segments.

### 00-15 Minutes: Preparation & Adoration

*Goal: Quiet your mind and recognize Who is before you.*

- **Enter:** Genuflect slowly on both knees. You are entering the throne room of the King.
- **Breathe:** Kneel or sit comfortably. Take a few deep breaths to release the tension of the drive, the workday, and your to-do list.
- **Adore:** Read a Psalm or praise (like Psalm 8 or Psalm 145) or simply repeat a short prayer:  
*"Jesus, I believe You are truly present here. I adore You. I love You."*
- **Silence:** Allow the dust of your day to settle.

### 15-30 Minutes: Contrition & Thanksgiving

*Goal: Open your heart to receive mercy and express gratitude.*

- **Contrition:** Briefly examine your conscience. Where have you fallen short this week? Offer these failures to Jesus and ask for His strength to begin again.
- **Thanksgiving:** Shift your focus to gratitude. Name 3-5 specific blessings from the past week (a conversation, a sunset, a moment of relief). Thank Him for the gift of the Eucharist.

### 30-45 Minutes: Intercession & Supplication

*Goal: Bring the needs of the world to the foot of the altar.*

- **For Others:** Pray for your family, your friends, your enemies. Pray for the Church, the Pope, and your parish priest.
- **For the World:** Pray for peace and for those who do not know Christ.
- **For Yourself:** Pour out your own heart. Share your worries, your fears, and your desires with him as you would with a trusted friend. He wants to hear it all.

### 45-60 Minutes: Contemplation & Resolution

*Goal: Simply look at Him, and let Him look at you.*

- **The Gaze:** Put away the books and the prayer lists. Spend this final quarter in simple silence. Rest in the knowledge that you are loved.
- **Resolution:** Ask Jesus, "What is one thing You want me to do this week?" Make a small, concrete resolution to carry the grace of this hour into your daily life.
- **Depart:** Thank Him for this time. Leave slowly, carrying the peace of the sanctuary out into the world.

Visit [AdoreMovement.com](https://www.AdoreMovement.com) for more resources.

