

Holy Hour Prayer Options

- Pray the Psalms or Liturgy of the Hours
(ask Mary Ella or Deacon Mike Hinger in the office for assistance)
- Meditate using Scripture:
Choose a passage from the Bible. Read the words and ask God to let the passage speak to you. Pay special attention to anything that strikes you and ask God what He wishes for you to draw from that message. Consider writing these down or journaling.
- Read the life of a saint and pray with him or her.
Most holy men and women have had a great devotion to Our Lord in the Eucharist. Therese of Lisieux, Catherine of Siena, Francis of Assisi, Thomas Aquinas, St. Maximilian Kolbe and St. Teresa of Calcutta are just a few. Read about them and pray their prayers before the Blessed Sacrament. (Lives of the saints books are available in the library).
- Pray the Rosary *(p. 30-31 in the blue book)*
- Pray the Divine Mercy Chaplet *(p. 32-33 in the blue book)*
- Pray a Litany *(Litanies for Humility, the Sacred Heart of Jesus, the Blessed Virgin Mary, Litany for Vocations are in the blue book pp. 21-26)*
- Check out the resources on bottom shelf of the table in the back of church, including the pamphlet entitled, “How to Make a Holy Hour”.

Helpful Hints

- Recite the “Jesus Prayer” by saying, “Lord Jesus, have mercy on me, a sinner” to quiet your heart and mind
- Pour out your heart to Christ and adore Him
- Ask for forgiveness and intercede for others. *Think of those who have hurt you and request a special blessing for them. Ask God to forgive you for all the times you have neglected or hurt someone else. Bring before the Blessed Sacrament all those who have asked you to pray for them. Ask the Lord to address their concerns.*
- Sit quietly and just “be” in the presence of God. *Think of a visit to the Blessed Sacrament as coming to see your best friend. Sit quietly and enjoy being in each other’s company. Instead of talking to the Lord, try listening to what He wants to tell you.*

General Timeline for Holy Hour

- Arrive 5 minutes before the hour
- Sit together as a group
- Begin your prayer time by singing a hymn *(check out the options in the red book)* or using whatever format has been decided for the group
- Plan to finish so that the last 15 minutes is reserved for Benediction. *(For example, on Thursdays by 7:45pm.)*