

Does it have to be a Holy Hour?

In short, no. **Any visit to the Blessed Sacrament, whether five minutes or sixty, is worth it.** As with any relationship, even stopping in to say a quick “hello” to Jesus can be meaningful. Although a whole hour can be difficult when you’re just starting out, many who make Adoration a regular part of their schedule often find that their hour passes too quickly!

Is it still a Holy Hour if there’s no Exposition?

YES! *Exposition* is the term used when the Holy Eucharist is displayed in a monstrance for the faithful to adore. *Eucharistic Adoration* is a term that includes prayer and worship before the Blessed Sacrament, whether there is Exposition or not. Jesus is as truly present in the Blessed Sacrament in the tabernacle as He is in the monstrance. **A Holy Hour prayed before the tabernacle can be just as efficacious as one prayed during Exposition.**

Do I have to make a weekly commitment to pray a Holy Hour?

No. The chapel is available for prayer 24/7, and **all are invited and welcome to stop by and pray any time**, whether you are signed up for a specific hour or not. However, there are advantages to making a weekly, bi-weekly, or monthly commitment or signing up as a substitute. The greatest benefit is spiritual: being intentional about setting aside time to be with the Lord will bear incredible fruit in your life. Another benefit is practical: those who sign up are added to the Adoration email list and receive notifications about when the chapel is in use or closed for special occasions.

The Holy Hour is... a sharing in the work of redemption... The only time Our Lord asked the Apostles for anything was the night he went into his agony... [T]here came out of His anguished and lonely Heart the sigh: “Could you not watch one hour with me?” Not for an hour of activity did He plead, but for an hour of companionship.

— Venerable Fulton J. Sheen

Do you realize that Jesus is there in the tabernacle expressly for you—for you alone? He burns with the desire to come into your heart.

— St. Thérèse of Lisieux

Jesus in the Blessed Sacrament is the most tender of friends with souls who seek to please Him... Be not afraid then in your solitary conversations, to tell Him of your miseries, fears, worries, of those who are dear to you, of your projects, and of your hopes. Do so with confidence and with an open heart.

— St. Damien of Molokai

Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments, the one dearest to God and the one most helpful to us.

— St. Alphonsus Liguori

The Eucharist is the Sacrament of Love; It signifies Love, It produces love. The Eucharist is the consummation of the whole spiritual life.

— St. Thomas Aquinas

Let us never forget that an age prospers or dwindles in proportion to its devotion to the Holy Eucharist. This is the measure of its spiritual life and its faith, of its charity and its virtue.

— St. Peter Julian Eymard

When you approach the tabernacle remember that he has been waiting for you for twenty centuries.

— St. Josemaría Escrivá

For more information about Adoration at St. Peter Catholic Church, email Tara Stone at fidesetspes@gmail.com. To sign up for an hour or as a substitute, visit adorationpro.org/peterco.

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Holy Hour How-To

How to Start a Holy Hour

Things to Bring with You

You don't have to bring anything to a Holy Hour if you don't want to. But the things on this list can be helpful aids for prayer. Some of these items are available in the adoration chapel for Adorers to use during their Holy Hour.

- Bible
- Journal
- Rosary
- Spiritual reading material
- Breviary (Liturgy of the Hours)

Entering the Real Presence of Christ

Be mindful that you're entering a sacred space and that Christ Himself, the King of the Universe, is truly present in the Blessed Sacrament. Come before the King with reverence by genuflecting toward the Blessed Sacrament—whether He is in the tabernacle or exposed in a monstrance. If you are unable to genuflect, make a profound bow. If you wish to kneel or prostrate before Him, don't be afraid to!

Take a moment to bring your mind and heart into His Presence, letting go of the activity and noise of the world outside.

Begin with Praise!

In the Old Testament, God consistently exhorts the Israelites to let Judah go up first into battle. The name Judah means "praise." Don't know what to say? Try praying one of these Psalms of praise: *Psalms 8, 19, 29, 33, 47, 48, 65, 67, 81, 92, 93, 96–100, 104, 117, 135, 144–150.*

How to Pray During a Holy Hour

Note: A holy hour is not a checklist to be completed, but a time for conversation with the Lord. You do not have to pray in all—or indeed, any—of the ways listed below. Think of this as a menu of options. Choose what works for you.

Scripture

- *Lectio Divina* is a way of meditating on God's word in the Bible and allowing Him to speak to you through it.
- *Ignatian contemplation* is a way of praying with Scripture in which you use your imagination to experience a scene from the Bible—especially from the Gospel. Imagine the sounds, smells, sights, sensations.
- *Liturgy of the Hours* is considered the official prayer of the Church. The Psalms and other readings from Scripture are central to the Liturgy of the Hours.

A Conversation with God

- Use your own words to tell the Lord what's on your heart—joys, sorrows, frustrations, confusions, celebrations, desires. Talk to him about what's going on in your life.
- Ask God for the things you need.
- Thank Him for all you've already received.
- Make intercession for other people's needs.
- Don't forget to spend time listening! A conversation goes both ways.

Journal

- You may find it helpful to journal as you pray.

Devotional Prayers

- Rosary
- Stations of the Cross
- Divine Mercy Chaplet
- Novenas

Examen

- Review your day with the Lord: What gifts are you grateful for? Where was the Lord moving in your day? How did you cooperate with Him? Where did you fail to cooperate?

Distracted?

Distractions during prayer happen to everyone. Some are easy to dismiss. Others are persistent. Make an effort to redirect your thoughts back to God and your conversation with Him. If the distracting thought persists, try these tips:

- Turn the distraction into prayer. Present it to the Lord and ask Him to take care of it.
- Repeat what St. Francis de Sales calls *aspirations*—very short vocal prayers—to help you regain focus.
 - *Lord Jesus Christ, Son of God, have mercy on me, a sinner.*
 - *Come, Holy Spirit.*
 - *Jesus, I trust in you.*
 - *Jesus, I love you.*

How to End a Holy Hour

Make a Resolution, Ask for Grace, and Give Thanks

Resolve to take the graces of the hour with you as you return to the world. It may be a resolution regarding a specific vice, sin, or imperfection you want to overcome. Or it may be a resolution to undertake some task or mission the Lord called you to during prayer. Whatever your resolution is, you will surely need the Lord's grace to accomplish it. Ask for that grace! Finally, thank the Lord for the graces you've received during your hour of prayer. Give Him all glory and honor with a *Glory Be*.