



Steps for a holy Holy Hour

A guide to Eucharistic Adoration



Something to get started

There is no ONE way to pray a Holy Hour. It is not a rigid prayer, but we know that there are days when we just can't focus or the words won't come out as easily.

If that's your case today, this guide might help you. Feel free to modify it according to your preferences and needs.

The Lord waits for you!





Begin

:00-:05 – First 5 Minutes

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.

Tip: There are great prayers to the Holy Spirit and Acts of Faith, Hope and Love in the Compendium.





Adoration

:05-:15 – Next 10 Minutes

Adore God. He holds the universe like a seed in the palm of his hand. Imagine Christ sitting with you.

Tip: Try the Te Deum in the Compendium. Scriptural helps for adoration—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..





Contrition

:15-:25 – Next 10 Minutes

Offer reparation. It's not your love for God, but his for you that saves. Examine your conscience. Offer reparation for the sins of the world.

Tip: Scriptures for contrition—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.





Meditation

:25-:40 - Next 15 Minutes

Contemplate God's action. You may wish to meditatively pray the Stations of the Cross or a Rosary.

Tip: Read a brief Gospel passage. Imagine the scene. Notice Christ's reactions. Think of three ways the passage applies to your own life. Meditate on each line.





Thanksgiving

:40-:50 – Next 10 Minutes

Express gratitude for all God's gifts. He didn't just create you, he sustains your existence out of love in every moment.

Tip: Scriptures for thanksgiving – Genesis 1; Genesis 8:15-22; Job 1:13-22; Daniel 3:46 ff.; Matthew 6:25-34; Luke 17:11-19; Psalms: 8, 65, 66, 100, 111.





Petition

:50--:55 – Next 5 Minutes

Ask God for what you and others need. He is the king of the universe. He's in control, even when it isn't obvious.

Tip: Pray for your family, your friends, classmates, colleagues. Pray for those who suffer, the poor, the sick and those who have lost their faith, the Pope, the Church. Pray for yourself.





Say Goodbye

:55-1:00 - Final 5 Minutes

Make a resolution to act on a light of the Holy Spirit you received: something doable and checkable.

Tip: Ask the Blessed Mother to help you, perhaps with Marian prayers from the Compendium.



Source

How to pray a Holy Hour
www.thegregorian.org



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