

25 Ways to Spend an Hour with Jesus

- Slowly read Scripture until something hits you. Then listen.
- Enjoy just being in His presence.
- Speak about your loved ones.
- Talk with Him about work.
- Let God look at you.
- Pray for an enemy.
- Say a Rosary.
- Pray for vocations.
- Pray for the world.
- Say the Creed slowly.
- Promise to trust Him.
- Say one Hail Mary slowly.
- Say one Our Father slowly
- Slowly recite the Beatitudes.
- Thank Him for the Sacraments.
- Sing a song for Him in your heart.
- Renew your loyalty to the Church.
- Ask Him to show you the next step.
- Lean on Him, Tell Him you love him.
- Tell Him what angers you. Then listen.
- Tell Him what you are afraid of. Then listen.
- Tell Him your failures. Ask for help. Then listen.
- Look at yourself. Count your gifts. Then thank Him.
- Tell Him something that made you happy. Then listen.
- Imagine Mary sitting next to you and praying with you.