

## **25 Ways to Spend an Hour with Jesus**

- 1. Slowly read Scripture until something hits you. Then listen.**
- 2. Say a Rosary.**
- 3. Let God look at you.**
- 4. Tell Him something that made you happy. Then listen.**
- 5. Tell Him what you are afraid of. Then listen.**
- 6. Tell Him what angers you. Then listen.**
- 7. Speak about your loved ones.**
- 8. Pray for an enemy.**
- 9. Talk with Him about work.**
- 10. Sing a song for Him in your heart.**
- 11. Promise to trust Him.**
- 12. Imagine Mary sitting next to you and praying with you.**
- 13. Renew your loyalty to the Church.**
- 14. Lean on Him. Tell Him you love Him.**
- 15. Thank Him for the Sacraments.**
- 16. Tell Him your failures. Ask for help. Then listen.**
- 17. Slowly recite the Beatitudes.**
- 18. Say one Our Father slowly.**
- 19. Say one Hail Mary slowly.**
- 20. Say the Creed slowly.**
- 21. Pray for vocations.**
- 22. Ask Him to show you the next step.**
- 23. Look at yourself. Count your gifts. Then thank Him.**
- 24. Pray for the world.**
- 25. Enjoy just being in His Presence.**