



# What to do during your Holy Hour

An easy-to-use, step-by-step guide on how to pray

**Because just one hour can change your life.**

*Have you ever tried to pray, only to find out very quickly that you do not know what to do?*

*Have you ever visited a chapel during Adoration, only to leave frustrated because you did not know how to pray?*

*Here, then, are a few suggestions regarding how you can make a good Holy Hour.*



- ❖ Minutes 0-5: Meditate on the following passage from the *Catechism of the Catholic Church* (CCC 2567): “God calls man first. Man may forget [God] or hide far from His face; he may run after idols or accuse [God] of having abandoned him; yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer.... God’s initiative of loves always comes first; our own first step is always a response.”
- ❖ Minutes 5-10: Look into your heart; look at your life. What do you want for your life? What do you really want from God? Tell the Lord right now what you need from Him during this Holy Hour of prayer.
- ❖ Minutes 10-15: Find a passage from the Bible. Maybe it is a Psalm; maybe it is one of the Scripture readings from the Mass that day; maybe it is one of the Scripture readings for the upcoming Sunday Mass. Find a Bible passage and read it slowly. Get familiar with the text. Read the passage a second time, again slowly. And then read it a third time. With each reading, enter more deeply into the Scripture text. Pay attention to which word, words, or phrases “tug” at your heart and get your attention.
- ❖ Minutes 15-25: Think about your life right now. What are the word, words, or phrases from that Bible passage that speak to you right now? How does the Bible passage connect with you right now?
- ❖ Minutes 25-35: Speak to the Lord as if He is a real Person, because He *is* a real Person. Talk to God as Moses did: “The Lord used to speak to Moses face to face, as one man speaks to another.” (Ex 33:11)
- ❖ Minutes 35-45: Listen to God now. God *will* speak to you. Maybe God will speak through a thought in your mind, or a feeling in your heart, or a memory. Listen with all of your senses and imagination.
- ❖ Minutes 45-50: Return to that same Bible Passage again. Read it slowly one more time. Is there any word, words, or phrases that speak to you again?
- ❖ Minutes 50-55: What can you do this week, even today, to act on what God has revealed to you? What conversion of life is being inspired within you? Practically speaking, in your real life, what can you do now that shows that God has had a positive effect on you during this Holy Hour?
- ❖ Minutes 55-60: Thank God. Blessings are specific, and so should our attitude. Tell God specifically that for which you are thankful.



***“Come away [with Me]...and rest a while.” (Mk 6:31)***