

# HOW TO PRAY A HOLY HOUR

*Holiness consists in a habitual openness to the transcendent, expressed in prayer and adoration. The saints are distinguished by a spirit of prayer and a need for communion with God.*

:: Pope Francis, *Gaudete et Exsultate*, no. 147

## What is a Holy Hour?

A Holy Hour is time spent with God, experiencing his loving presence and bringing your prayers and praises before him.

As part of the Uniting in Heart 2030 Pastoral Plan, we are asking the faithful of the Diocese of Lafayette-in-Indiana to offer one hour of the week in prayer for their own intentions and for the success of Uniting in Heart. In this way the intentions of our diocese will be raised before our Heavenly Father.

## Where Can I Spend a Holy Hour?

Ideally a Holy Hour is spent in a church or chapel in front of Jesus in the Blessed Sacrament (exposed or reserved in the tabernacle). Of course, not every community has 24-hour adoration available and some churches remain locked during the day. This being the case, you can also spend an hour in prayer in your home or other suitable location. Try to find some place quiet, with minimal distractions or noise. You might designate a place in your home as your “prayer space” – it could be room or a chair. If possible, keep a Bible, a prayer book, a candle, and a sacred image (such as a crucifix or icon) in this place.

## What Do I Do?

### Preparing

Before beginning your Holy Hour, silence your cell phone and other devices. Try to bring to mind any intentions you plan to bring with you in prayer. (Some people find it helpful to keep a written list throughout the week so they don’t forget any!) Get settled in your prayer space and have any books or other materials at hand. (If you are in a church or chapel, doing this now can help minimize distractions to yourself or others later.)

### During the Holy Hour

What follows is a sample outline for spending your Holy Hour. Don’t feel constrained by time limits or feel that you have to “get it all done.” Allow the Holy Spirit to lead your prayer.

#### **Allow yourself to be immersed in the presence of God (5 min.)**

- Calm your mind and body
- Begin to sense the presence of God with you

#### **Ask the Holy Spirit for... (5 min.)**

- Guidance
- Courage
- Trust
- Faith
- Unity with the Body of Christ

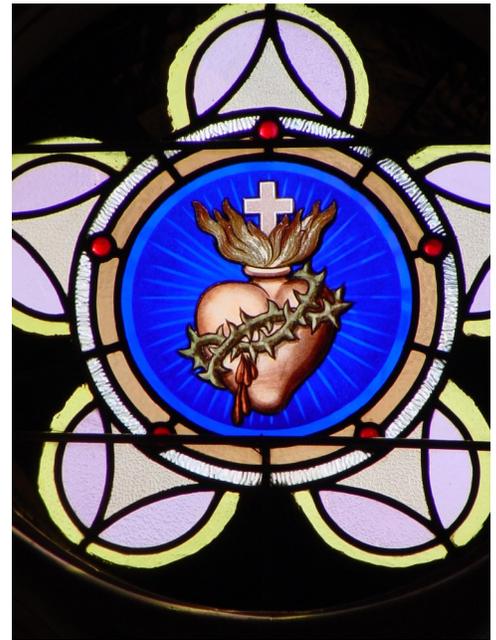


### Express your intentions for this time (5 min.)

- Weekly intentions for the Uniting in Heart 2030 Pastoral Plan
- Offer your own intentions; for example:
  - \* This holy hour is for...
  - \* Draw me close to you that...
  - \* Surround me with...

### Devotional time (15 min.)

- Spend some time praying your favorite devotions; for example:
  - \* Read from the Sacred Scriptures (i.e., the readings of the day)
  - \* Devotional reading materials (i.e. writings from the saints)
  - \* *Lectio Divina*
  - \* The Rosary
  - \* Divine Mercy Chaplet
  - \* Stations of the Cross
  - \* Liturgy of the Hours
- Be aware of how God is speaking to you during this time



### Reflection time (15 min.)

- Spend some time contemplating any special insights, questions, or images that come to mind during your prayer
  - \* Some people find it helpful to write down their thoughts during this time
- Use the Examen prayer or an Examination of Conscience to reflect on the past week
- Be attentive for God's call or an invitation to spiritual growth
  - \* Make note of any action that is being prompted in this invitation

### Additional prayers which might include (10 min.):

- Adoration
- Contrition
- Petition
- Intercession
- Praise
- Contemplation

### Conclusion (5 min.)

- Conclude your time of prayer thanking Jesus for his love and presence during this time
- Include anything else you are particularly grateful for
- Pray the Uniting in Heart 2030 Prayer

*In the Eucharist, the Son of God comes to meet us and desires to become one with us; eucharistic adoration is simply the natural consequence of the eucharistic celebration, which is itself the Church's supreme act of adoration.*

:: Pope Benedict XVI, *Sacramentum caritatis*, no. 66