

Guidelines for a Holy Hour

WELCOME CONFIRMATION YEAR 2 STUDENTS!

It gives us great joy to know you have decided to come and spend time with Our Lord in the Blessed Sacrament.

Please keep in mind the structure of your SPIRITUAL HOUR. Make sure you have all material necessary for the hour.

Reminder: You will only be credited for 1 hour per day. However, you are most welcome to stay longer than the allotted time.

BREAKDOWN OF THE HOUR: ⌚

1. → **Pray the Rosary** (15 min) 🙏
2. → **Read the Scripture Passage “Luke 2:1-20”** (20 min) 📖
3. → **Read “15 Minutes with Jesus and Mary”** (15 min) 📄
4. → **Keep Silence** (5 min) 😊
5. → **Write your Personal Reflection** (5 min) ✍️
Provide at least 5 sentences of your experience during this hour. Make sure that at the top right corner of your paper you provide us with: Your Name, Your Teacher, the Date.

SCRIPTURE PASSAGE

The Birth of Jesus.

1In those days a decree went out from Caesar Augustus that the whole world should be enrolled. 2This was the first enrollment, when Quirinius was governor of Syria. 3So all went to be enrolled, each to his own town. 4And Joseph too went up from Galilee from the town of Nazareth to Judea, to the city of David that is called Bethlehem, because he was of the house and family of David, 5to be enrolled with Mary, his betrothed, who was with child. 6While they were there, the time came for her to have her child, 7and she gave birth to her firstborn son. She wrapped him in swaddling clothes and laid him in a manger, because there was no room for them in the inn.

The Angels.

8Now there were shepherds in that region living in the fields and keeping the night watch over their flock. 9The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. 10The angel said to them, “Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. 11For today in the city of David a savior has been born for you who is Messiah and Lord. 12And this will be a sign for you: you will find an infant wrapped in swaddling clothes and lying in a manger.” 13And suddenly there was a multitude of the heavenly host with the angel, praising God and saying: 14“Glory to God in the highest and on earth peace to those on whom his favor rests.”

Mary and Joseph were simple, law-abiding people. They were poor, as were the shepherds who came to share their company. In those times and in that place, they did not command much respect or even much notice.

Reflect: The present-day struggle to achieve status is misconceived. God is not impressed by human prestige. How wasteful in our society is all the energy invested in climbing the social ladder. There are better things to which we could devote our time and effort.

Pray: God, grant me the clarity of vision to see that all the exertion expended in achieving a high standing among my peers is, in the end, wasted effort. There are better, more worthwhile goals available to me.

Act: Scrutinize your list of friends to see if it includes any people who are “just ordinary” in the eyes of the world.

The Visit of the Shepherds.

15When the angels went away from them to heaven, the shepherds said to one another, “Let us go, then, to Bethlehem to see this thing that has taken place, which the Lord has made known to us.” 16So they went in haste and found Mary and Joseph, and the infant lying in the manger. 17When they saw this, they made known the message that had been told them about this child. 18All who heard it were amazed by what had been told them by the shepherds. 19And Mary kept all these things, reflecting on them in her heart. 20Then the shepherds returned, glorifying and praising God for all they had heard and seen, just as it had been told to them.

15 MINUTES WITH JESUS AND MARY by Fr Ed Broom, OMV

FAITHFUL FRIEND ALWAYS!



Jesus and Mary are your *best friends*, always, in all places and in all times. You can talk to them and confide in them always! Jesus and Mary are always ready and willing to listen to you and to talk to you as friends do. At the Last Supper Jesus said to the Apostles (as well as to you and me): “*I call you FRIENDS . . .*” His *friendship* has not changed in 2000 years and it will never change. Jesus and Mary have a great longing, a great desire, in this precise moment to enter into a conversation of Friendship with you.

ENTER INTO THIS CONVERSATION OF FRIENDSHIP WITH JESUS AND MARY NOW...

A STARTING HELP:

HAVE A PICTURE/PAINTING OR STATUE OF JESUS AND MARY.

Now place yourself in the Presence of Jesus and Mary. Imagine now that they are looking at you with great tenderness, kindness and love. Lift your eyes (as well as your heart) to that image of Jesus and Mary. Now open up your heart and talk to Jesus and Mary. Tell them everything that is in your mind, everything that is in your heart. What is going on in your life. They are the best of listeners!

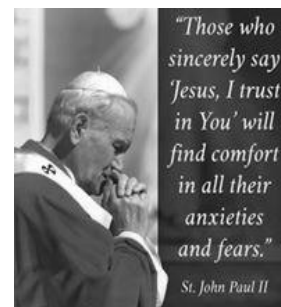
SOME HELPS TO ENTER INTO CONVERSATION WITH JESUS AND MARY: As a means to help you, imagine now that Jesus and Mary, with their great love for you, will ask you some very simple questions. Then you respond to these questions in your own words. These words should be simple, uncomplicated, humble and sincere. Here we go with our loving conversation with Jesus and His Mother and your Mother, the Blessed Virgin Mary.

1) **WHO ARE YOU?** Why not start with the basics: Jesus asks you “Who are you?” What is your name? Where do you live? From what family do you come from? How old are you now and when is your birthday? Where do you go to school? What grade are you in?” With these most simple and basic questions, you are opening up and talking to Jesus and Mary. They are listening very

attentively to your words, even to the movements of your heart. You can speak to Jesus as long as you want. He is in no hurry; He has no time schedule. You are important to Him!

2) **WHAT IS ON YOUR MIND NOW?** In all times and places, something is crossing our mind; our mind is never totally blank. Right now, why not express to Jesus and then to Mary the thoughts that are crossing or running through your mind. Tell them: Do these thoughts bring you joy or sadness, peace or confusion? Talk sincerely about your “thought” world.

3) **ARE YOU FEARFUL?** We all go through moments of fear about many things. Perhaps over the past few days there has been something in your life that has caused you to enter into a state of fear. This is an excellent topic of conversation between you and Jesus and Mary. Often the Apostles had fears; all people have fears in their lives. So do you and so do I. Bring these fears to the Hearts of Jesus and Mary.



Fears can come in many shapes and forms, colors and shades. Never forget that both Jesus and Mary love you always and are always ready to listen to you and to help you. Are you worried about your future? Talk to Jesus and Mary about that. A test or exam you have to take and pass . . . Talk to Jesus and Mary about your studies and ask for light—ask for help. Is there someone at school that you do not like and he/she does not like you? This tension between you and this person causes you fears and uncertainties. Talk to Jesus about this person. Jesus had many friends, but He also had many enemies who actually put Him to death.



Your fears might not be in school but in your home, in your own family. Maybe there is tension, turmoil, bitterness and anger among some family members and this is a constant cause of fear and anxiety in your mind and heart. Open up your heart to Jesus and Mary and talk to them about these social tensions and fears. Talk to Jesus and Mary about your family members. Most likely there is especially one family member that is most in need of prayers. Tell Jesus and Mary about this brother, sister or Mom and Dad. The Hearts of Jesus and Mary are very attentive to your prayers.

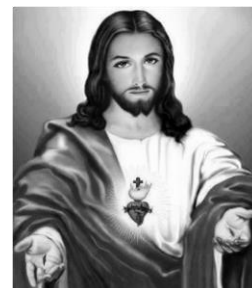
4) **WOUNDS OF THE PAST/WOUNDS IN THE PRESENT . . .**

Because of the Original Sin of our first parents, Adam and Eve, we all live in a world that is deeply wounded. And that means that we, too, are wounded and most likely we have wounded others. Most likely, even now, you carry a wound in your heart. Being abused, in many ways, leaves big gaping wounds. Now is the time to bring these wounds to the Sacred Heart of Jesus who was wounded by the lance, and to the Immaculate Heart of Mary who suffered wounds with Jesus as she stood beneath the Cross. Physically beaten, sexually abused, emotionally hurt, socially rejected, neglected by parents, or even bullied in one form or another—all of these situations leave wounds that can be very deep.



5) **JESUS, THE WOUNDED HEALER . . .** Now Jesus is the wounded-healer. In prayer we can bring these many and possibly big wounds to Jesus. The Bible says: *By His wounds we are*

healed. Do not be afraid to open up and talk to Jesus about your wounds because *by His wounds, we are healed*. Call to mind the many sick, suffering, and wounded people that came to Jesus while He walked the earth. Jesus was moved to compassion and He healed them, if they trusted Him. Imagine that you are one of those wounded and sick in the time of Jesus: the blind, the deaf, the mute, the leper, the paralytic! Like them, go to Jesus and ask for healing. Go to the Immaculate Heart of Mary and ask her to heal you. Mary is known as *Refuge of sinners, health of the sick and Mother of mercy and consolation*. Turn to Mary as your loving Mother and open your wounded heart and talk to her.



6) YOUR TEMPTATIONS . . . Now, here is another topic to talk to Jesus and Mary about: It is your temptations! Do not be ashamed in your conversation with Jesus and Mary to talk to them about your temptations. Everybody in the world is subject to temptations and this will continue until the very end of our lives. The devil *never* goes on vacation. A temptation is not a sin until we give in to it. Bring to Jesus and Mary the many temptations you might experience. Here might be a few: The temptation to give in to discouragement—bring this to Heart of Jesus; the temptation to give in to impurity—bring this to the Immaculate Heart of Mary; the temptation to laziness—talk to Jesus about this; the temptation to impatience—turn to Jesus who carried the Cross patiently and beg for His help; the temptation to lie—turn to Jesus who said: *“I am the Way, the truth, and the Life.”* Then there’s the temptation to disobey—run to Jesus who was obedient even to death and death on the Cross. Bringing your temptations to Jesus and Mary are great ways to overcome the devil!

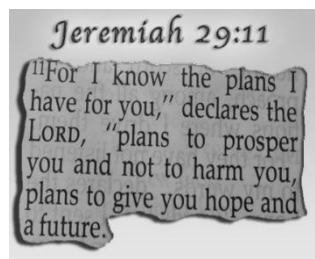


✦ DON'T BE AFRAID ✦

7) EVEN YOUR SINS! . . . Now this is a very important topic of conversation: your sins! Jesus did not come for the perfect, but He came to save sinners. The name *JESUS* means *God saves!* The worse thing we can do is to fail to TRUST in Jesus and His love and mercy. Therefore, bring even your failures, your sins, to the most Merciful hearts of Jesus and Mary. Tell Jesus that you love Him and that you are sorry for these sins. Tell Him that you want to change. Beg Jesus for the grace and strength to change. Then also tell Jesus and Mary of your desire to go to confession, and begin again. The prophet Isaiah encourages us with these words: *Though your sins be like that of scarlet, I will make them as white as the snow.* (Is. 1) Say these words often to Jesus, words that give great consolation to the Sacred Heart of Jesus and Immaculate Heart of Mary: **JESUS, I TRUST IN YOU!!!**



8) YOUR PLANS AND YOUR GOALS--YOUR DREAMS: As young people we should all have plans, goals, and even dreams. We should have long term goals, short term goals and dreams to accomplish. Jesus and Mary are very interested in these. Open up your heart and talk to Jesus and Mary about these. Talk to them about a college you might want to attend; your profession in life. Tell Jesus and Mary what you might like to be once you come to the end of your high school years. Doctor, Lawyer, Teacher, Engineer, Architect, Writer, Athlete—all of these are noble aspirations and goals. Maybe you’re considering the Priesthood or Religious Life? Why not open up and talk to Jesus and Mary about your future plans and goals? They are very interested in your future



and want to help you to make the right choices in life. Open up and talk to them about your future!

9) **THANKSGIVING: AN ATTITUDE OF GRATITUDE.** Jesus and Mary rejoice when we tell them these two words: **THANK YOU!** Therefore, try to get into the habit of thanking Jesus and Mary for so many gifts that they have given to you. In summary, what do we have that we have not received from God? Nothing! Except our own sins that we have freely chosen. Stop, look up to Jesus and Mary and pour out your heart in gratitude.



10) **IMITATE THE ONE GRATEFUL LEPER . . .** On one occasion, ten lepers came to Jesus and He healed the ten, but only one came back to give Jesus thanks! May you be that one grateful leper! Thank Jesus and Mary for your life—“Thank you Jesus!” Give thanks for your health—“Lord, Jesus, thanks!” Give thanks for your family—“Lord, I lift up my hands in thanks!” For freedom—“Jesus, once again, thanks!” For your Catholic faith—“Lord, from the depths of my heart, thanks!!!”

11) **BECOME THE BEGGAR BEFORE JESUS . . .** Beggars would sometimes approach Jesus and He would often grant what they requested. Now it is your turn to become the beggar. Jesus said: *Ask and you will receive; seek and you will find; knock and the door will be opened for you.* (Mt7:7) Any need that is in your heart, open up and become a beggar before Jesus. He loves to help humble and trusting beggars.

12) **BEG FOR OTHERS . . .** Do not limit your prayers to yourself. Rather, go outside yourself and beg for other’s intentions, for other’s needs. Beg for a sick in your family-grandma; beg for world peace; beg for hungry children; beg for the sick and the dying in the world; beg for the homeless and the orphans. Beg also for the souls in Purgatory. Beg for the conversion of poor sinners. Many graces descend into the world due to the prayers of the beggars.



13) **LOVE JESUS AND MARY! . . .** The most important sentiment that can flow from our hearts is that of love. Jesus said that the greatest commandment is to love God with all our heart, mind, soul, and strength. Never forget how much Jesus and Mary love you. However, in your own words, you should tell them how much you really do love them. Love is the bond of perfection. Saint John of the Cross says that *In the twilight of our lives, we will be judged on love.* In your own words, tell Jesus and Mary how much you love them. Beg them for the grace to love them more and more each day. Beg Jesus and Mary for the grace to love them now, tomorrow, and forever in heaven!



