

# HOW TO MAKE A HOLY HOUR OF EUCHARISTIC ADORATION



Prayer helps to save and sanctify souls. A Holy Hour is spending an hour in prayer, preferably in the Real Presence of Jesus exposed in the Most Blessed Sacrament at a perpetual Eucharistic adoration chapel. If that is not possible, the hour of prayer may also be made before the Tabernacle or spiritually, at home.

Saints, Popes and the Church recommend the efficacious practice of making a daily or weekly hour of Eucharistic Adoration. There are many ways to pray and there is no set format or order for spending hours in prayer with Jesus in the Blessed Sacrament.

Traditional recommendations include ACTS, remembering the acronym for these four 15-minute steps in a spirit of:

**A**doration – *Recognize and enter into God’s Holy Presence with reverence, awe and love. Adore God, Who is Love.*

**C**ontrition (Reparation) – *Repent, express sorrow and make reparation for your sins and those of the whole world.*

**T**hanksgiving – *Worship God. Praise and thank Him.*

**S**upplication (Intercession) – *Pray for the salvation and sanctification of souls, for graces, for your own conversion and needs, as well as for those around you and the whole world.*

Other Suggestions: St. Mother Teresa of Calcutta recommended spending half the time in adoration in SILENCE. Entering into deeper contemplative prayer can bring one to interior silence. The great mystic and doctor of the Church, St. Theresa of Avila, experienced the “prayer of the quiet”. St. Therese of Lisieux, the “Little Flower”, practised complete trust and confidence in the mercy of God and did little things with great Love.

Speak to God with your mind and heart. Listen to God. Practice loving contemplation - simply gaze on Our Lord and Saviour in the Sacred Host. Offer prayers and rely on devotions from Catholic tradition such as the Divine Office, Rosary, Chaplet of Divine Mercy, Litanies, or other Catholic spiritual reading materials such as Sacred Scripture.

Many saints grew stronger in virtue and in their prayer life as they persevered in prayer through consolations and periods of dryness or desolation. Love is a decision, not a feeling. Jesus is 100% divine and 100% man. He still has a human heart and a divine heart. He consoles us and sometimes asks us to comfort and intercede with Him: “Could you not watch one hour with Me?” Jesus revealed Himself to St. Margaret Mary with a crown of thorns piercing His Sacred Heart burning with Love. He thirsts for love and souls.

Venerable Archbishop Fulton J. Sheen called the daily holy hour the “hour of power” that “makes my day”. Invite your friends, family members and others to discover the Real Presence of Christ in Adoration! Ask your pastor to allow Perpetual or extended Eucharistic Adoration to be established in your parish.

*Loving Jesus, with all my heart, I love and adore Thee in the Most Holy Eucharist. Amen.*