

HOW TO MAKE A

HOLY
HOUR

A thin, vertical, light brown line is positioned centrally below the title, extending downwards towards the quote.

I look at Him, and He looks at me.

Catechism of the Catholic Church, 2715

blessed is *she*

WHAT IS EUCHARISTIC ADORATION?

Eucharistic Adoration is the act of spending time with Jesus in the Blessed Sacrament. While the Eucharist is continually present in all Catholic churches in the tabernacle, Eucharistic Adoration refers specifically to prayer before the Blessed Sacrament exposed on the altar in the monstrance.

“Jesus awaits us in this sacrament of love. Let us not refuse the time to go to meet him in adoration.”

// Pope St. John Paul II (Catechism of the Catholic Church, 1380)

WHAT IS A HOLY HOUR?

It is a beautiful devotional tradition to spend one hour in Eucharistic Adoration, and this is called a “holy hour.” Although you are welcome to spend any amount of time in Eucharistic Adoration, we embrace the practice of a holy hour as a response to Christ’s question to His slumbering Apostles during the Agony in the Garden: “So you could not keep watch with me for one hour?” (Matthew 26:40).

We become like that which we gaze upon. Looking into a sunset, the face takes on a golden glow. Looking at the Eucharistic Lord for an hour transforms the heart in a mysterious way as the face of Moses was transformed after his companionship with God on the mountain. // Fulton Sheen

WHAT DO I DO DURING A HOLY HOUR?

In the parish of St. John Vianney, there was a man who would come to church each day after his work and sit for hours. Curiosity stirred the pastor to approach him and ask, “What do you say to Him?” The man responded simply, “I look at Him, and He looks at me.”

In our own adoration of Jesus in the Eucharist, we do the same. There is no set format to a personal holy hour; you can simply look at or talk with the Lord!

Here are some other ways to spend your time in Adoration:

- + Read Scripture (we suggest starting in the Gospels—the same Jesus in Scripture is right in front of you!)
- + Read a spiritual book
- + Journal your conversations with God—your dreams, your worries, your prayer intentions, or anything that’s on your heart and mind
- + Pray a Rosary or Divine Mercy Chaplet

How to make a Holy Hour? It surely must involve prayer of the heart. And also reading the Gospel. Read until a thought strikes you, then close the book and talk to Our Lord about it. And when you are fatigued and exhausted so that some days you cannot really pray, then offer this to the Lord. // Fulton Sheen

A SIMPLE PRAYER FOR EUCHARISTIC ADORATION

Lord Jesus Christ, I come before you in the Blessed Sacrament full of gratitude for Your presence here and for Your care for me. I give You my heart, God. I love spending time with You! Amen.