

A Holy Hour With Jesus

Jesus said to his apostles in the midst of His great suffering in the Garden of Gethsemane , “Could you not watch one hour with Me?” When He appeared to St. Margaret Mary and showed His Sacred Heart to her, He asked her to make a Holy Hour each week to make up for all the indifference and ingratitude He received from those whom He loves so much. As an act of love and gratitude and in reparation for the sins of others, praying for their conversion, *Jesus asks you, too*, to watch an hour with Him each week. Your Holy Hour can be made at church, in an Adoration Chapel, or even at home. If you offer your Holy Hour at home, make for yourself a holy space with an image of the Sacred Heart that you can see as you pray. Lighting a candle near the image can help you more easily bring yourself into Our Lord’s presence. Below you will find a guide for a Holy Hour that can be made each week. The Bible story can be taken from the Gospel of the following Sunday, or if you are reading through one of the Gospels, take a section of that Gospel during your Holy Hour. (You can listen to *Life is Worth Pondering: Living the Gospels July 14, 2019* for directions on how to pray with Scripture.)

Here is one idea for how to spend your Holy Hour with Our Lord in prayer...

1) (5 minutes) Begin with an opening prayer, especially offering this time of prayer in reparation to the Sacred Heart for all those who do not love Him as they should, and in reparation for your own sins as well.

Then ponder which intentions you might offer this Holy Hour for. These are some that are important:

- 1) For the Pope, Bishops, Priests, Deacons and Religious
- 2) For the strengthening of family life and for those children and young people who are in unhealthy families.
- 3) For those who are suffering, the poor, the sick, the tempted, those who are dying, especially those who will die this very hour.
- 4) For Missionaries and those who do not know Christ, whom they serve
- 5) For the heads of governments and for those who revolt against lawful authority. May the Heart of Jesus reign over society as our King and Master, and may we follow Him, our Divine Lawgiver, in social and nat’l life.
- 7) For worldly families and individuals, who know Our Lord, but live in ways that do not reflect faith, hope and love.
- 8) For an increase and strengthening of Catholic schools and their staff
- 9) For those who faithfully follow Christ, that they may be strengthened and sanctified. By their prayers and lives may they lead many back to God and to His Church.

2) (5 minutes) Examination of Conscience: Ponder the ways in which you have offended God. Express sorrow to Our Lord and ask for His help to follow Him more closely in holiness and love.

3) (20 minutes) Pray the Rosary

4) (15 minutes) Ponder a story about Our Lord from the Gospel. Take a lesson with you for the week, and make a resolution to put a holy practice into action this week from what you have learned during your Gospel pondering.

5) (10 minutes) Pray the Divine Mercy Chaplet.

6) (5 minutes) Offer a prayer of thanksgiving for the blessings you have received in your life and during this Holy Hour./ Close with a Prayer of Consecration to the Sacred Heart of Jesus

Here is one prayer of Consecration you can use, but you can find others in prayer books and online...

Eucharistic Heart of Jesus, I consecrate to You all the abilities of my soul, all the powers of my body; I will strive to know You and love You ever more and more, in order to make You better known and loved; May I act only for Your glory. Help me to do ever the will of Your Father and My Father in Heaven.

I consecrate to You every moment of my life in a spirit of adoration before your True Presence, in a spirit of thanksgiving for this incomparable Gift, in a spirit of reparation for all our cruel indifference, in a spirit of unceasing supplication that our prayers, being offered through You, with You and in You, may rise purified and enriched to the throne of God’s mercy and His eternal glory. Amen.