

25 WAYS TO SPEND AN HOUR WITH JESUS

1. Slowly read scripture until something hits you. Then listen.
2. Say a rosary.
3. Let God look at you.
4. Tell Him something that made you happy. Then listen.
5. Tell Him what you are afraid of. Then listen.
6. Tell Him what angers you. Then listen.
7. Speak about your loved ones.
8. Pray for an enemy.
9. Talk with Him about work.
10. Sing a song for Him in your heart.
11. Promise to trust Him.
12. Imagine Mary sitting next to you and praying with you.
13. Renew your loyalty to His Church.
14. Lean on Him. Tell Him you love Him
15. Thank Him for the Sacraments.
16. Tell Him your failures. Ask for help. Then listen.
17. Slowly recite the Beatitudes.
18. Say one Our Father slowly.
19. Say one Hail Mary slowly.
20. Say the Creed slowly.
21. Pray for vocations.
22. Ask Him to show you the next step.
23. Look at yourself. Count your gifts. Then thank Him.
24. Pray for the world.
25. Enjoy just being in His presence.



Spending time with Jesus should not be any different, fundamentally, then spending time with a very close friend. You can tell Him your deepest heart's desires and longings, or just tell Him how your day has gone, talk about your children, whatever you would like to share with your Good Friend with whom you are spending one intimate hour. Whatever happens, don't let worry over how to pray stop you from coming to "Son-bathe" in the Real Presence. Just being there will have an effect on you.

The answer to the question of what to do during your Holy Hour is: whatever you want to do that will help you enjoy your time in Christ's Presence and grow closer to Him. There is not one answer. But perhaps the single best thing you can do in a Holy Hour of adoration is: "Be still and know that I am God." *Psalms 46:10*