

Some thoughts on how to make a holy hour

How do you spend the hour? Read the Bible, or pray the rosary or the Divine Mercy chaplet. There are books in the chapel to facilitate prayer - lifting our hearts and minds to God!

Another suggestion for a holy hour is to divide it into 4 parts - spending one part in praise of God. Can you imagine? Our Lord truly is here, present to us, along with all the angels and Our Lady, too, because they are present wherever Our Lord is. For the second part, you spend time thanking Our Lord: thinking of all the blessings of the past week. During the third part: you express sorrow for things you have done wrong or for things you should have done. Lastly, we beg Our Lord's help for us, our loved ones, our neighbors, and our world.

As another suggestion, I always like to mention the rosary meditation book by Mother Teresa in the cabinet below the sign in book outside the chapel. Basically, it contains 3 holy hours. To begin, read the four page meditation on the first Joyful mystery before praying the decade. Then read the four page meditation on the second Joyful mystery before praying the second decade, and so forth. It takes about one hour to pray the Joyful mysteries in this way. Mother Teresa died before Pope John Paul II gave us the Luminous mysteries, so the meditations are only for the Joyful, Sorrowful, and Glorious mysteries. It's a wonderful book, especially when you first start Adoration.

Lastly, remember you offer the hour and Our Lord makes it holy!