

# TIPS ON HOW TO MAKE A GOOD HOLY HOUR



Ever try to pray only to soon find out you don't know what to do? Ever visit the Adoration Chapel only to leave frustrated because you didn't know how to pray? Here are a few suggestions as to how to make a good holy hour.

- For about 5 minutes, meditate on the following quote from the *Catechism of the Catholic Church*: “**God calls man first.** Man may forget his Creator or hide far from His face; he may run after idols or accuse the deity of having abandoned him; **yet the living and true God tirelessly calls each person to that mysterious encounter known as prayer. In prayer, the faithful God’s initiative of love always comes first;** our own first step is always a response.” (no. 2567)
- Then for about 5 minutes, look in your heart; look at your life. What do you want? What do you *really* want from God? Tell God right now what you need from Him during this time of prayer.
- For the next 5 minutes, read a passage from the Bible. Maybe it’s a Psalm; maybe it’s the readings from daily Mass; maybe it’s the readings at the upcoming Sunday Mass. Simply find a passage from Scripture. Read the passage slowly. Get familiar with the text. Read the passage a *second* time, this time read it even slower. Very, very slowly read the passage a *third* time. Pay attention to which word, words, or phrases “tug” at your heart or get your attention.
- For the next 5 minutes, think about *your* life; think about the **reality** of your life. What word, words, or phrases from the Scripture passage speak to you? How does the Scripture passage connect to your life? Look deep within.
- Next, talk to God for about 5 to 10 minutes. Talk to God as you would talk to your most trusted friend. Talk to God like Moses did: “The Lord used to speak to Moses face to face, as one man speaks to another.” (Exodus 33: 11)
- Then listen. **God will speak to you.** Maybe God will speak to you through a thought in your head ... or a song in your heart ... or a memory ... or a desire in your body. Listen with all your senses. Do this for about 5 to 10 minutes.
- Return to the Scripture passage again for about 5 minutes. Read it slowly one more time. What word, words, or phrases speak to you again?
- Now for about 5 minutes, think about what can you do today, this week, to act on what God has revealed to you? Practically speaking, in your real life, what can you do?
- Finally, thank the Lord. Blessings are specific and so should our gratitude be. Tell God specifically what you’re thankful for.

*Please remember: Do not become discouraged if what you had hoped for didn't happen during this time of prayer. Don't give up. This is about having a friendship with Jesus. Continue to practice these steps as you cultivate your daily prayer life.*