

Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never thirst” *John 6: 35*



A Guide to *Holy Hour* For Leaders

What is a Holy Hour?

A Holy Hour is devotional tradition of spending an hour in Eucharistic Adoration in the presence of the Blessed Sacrament.

What is Exposition/Adoration?

Exposition highlights the fundamental mystery of the Holy Eucharist—that our Lord is truly present, body and blood, soul and divinity in the Blessed Sacrament. The Blessed Sacrament is exposed in a Monstrance so people can sit and ‘adore’ Jesus and spend time in His presence.

What is the Blessed Sacrament?

The Blessed Sacrament is a name used to refer to the Real Presence of Jesus in the form of simple bread and wine. In *Dominicae cenae* (no. 3), John Paul II wrote, ‘Jesus awaits us in this Sacrament of love.’

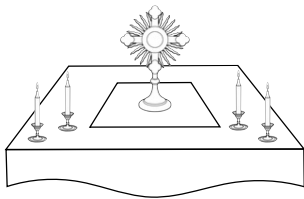
Preparing the Church

To make a Holy Hour a time of reflection and prayer, thought needs to be put into the physical surroundings.

Things to check in the Church/Chapel:

- **Heating** - As people will be sat/knelt for an extended amount of time it is best to ensure the Church is at a suitable temperature. This may require the heating to be put on early.
- **Lighting** - All focus during a Holy Hour should be drawn to the Blessed Sacrament. The lighting can be kept to an ambient level with the Sanctuary/altar being slightly more illuminated. Individuals may wish to read during the Holy Hour, keep this in mind to ensure sufficient lighting levels.
- **Sound** - If you are having any sharing of scripture or music, check all sound equipment before the Holy Hour. As the ambo/lectern should not be used during the Holy Hour it may be necessary to use a handheld or lapel microphone. Sound levels should be kept relatively low and should complement the Holy Hour whilst taking no focus from the Blessed Sacrament.

Preparation



Setting up the Altar

This may have already been set up by a Priest/Deacon or Sacristan. If not, the Altar should be set up as follows:

- **Remove crucifix**, and any other items, from the altar
- Place a **corporal** in the middle of the altar
- **Candles** - you can use the two altar candles or replace these with two candelabras if available. You may also **place four**

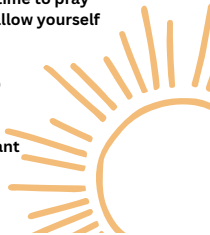
smaller candles or tea lights along the front of the altar equally spaced. You may wish to light other candles in front of or around the altar to create more ambient lighting.

Remember that all attention should be drawn to the Blessed Sacrament in the monstrance.

- Ensure that the individual exposing the Blessed Sacrament has the **Tabernacle key**.

Spiritual Preparation

- **Pray** - Whenever we enter into a ministry, prayer is essential. Take time to pray before the Holy Hour. Ask for the guidance of the Holy Spirit, and allow yourself to be open to God's will.
- **Receive the Sacrament of Reconciliation** - Jesus is our constant companion throughout our lives and we build the best relationship with Him when we are open to acknowledging our faults and seek healing and forgiveness.
- **Trust** - Whatever role we have in the life of our Church, it is important (and helpful) to remember that it is not our work, but God's work!



Exposing the Blessed Sacrament



Who can Expose the Blessed Sacrament?

- The Code of Canon Law states the following, 'The minister of exposition of the Blessed Sacrament and of the eucharistic blessing is a priest or deacon. In special circumstances, the minister of exposition and deposition alone, but without the blessing, is an acolyte, and extraordinary minister of Holy Communion, or another person deputed by the local ordinary,' (can. 943)
- This means where it is not possible for a Priest or Deacon to expose the Blessed Sacrament, **a member of the lay faithful** who is an extraordinary minister of Holy Communion **may do this**.

What to do while the Blessed Sacrament is being exposed

- Everyone should kneel while the Priest/Deacon/Minister exposes the Blessed Sacrament from the Tabernacle into the Monstrance, placing it at the centre of the corporal on the altar.

What to do during your Holy Hour

- Traditional Holy Hours are silent - allowing for each person to spend time with the Blessed Sacrament for personal reflection and conversation with God without the interruption of music or speech.

However there are many different ways to experience a Holy Hour, each offering a different environment of prayer

Holy Hour with Scripture

Choose a passage from scripture (this could be the Gospel of the day or a passage you feel called to share)

Begin the Holy Hour in silence and give people time to begin their conversation with God.

Read the chosen passage through - you may be inspired by the Holy Spirit to share any thoughts that came to you during the reading.

Enter into another period of silence inviting people to reflect on the passage with Jesus.

After a pause read through the passage again - perhaps inviting people to listen out for a word or phrase they feel is speaking to them.

Ask people to keep this word/phrase close to their hearts as you sit with Jesus, sharing this time together.

Towards the end of the Holy Hour you could say a short prayer bringing the intentions of the group together and offering them to our Lord.

During the Holy Hour

Holy Hour with Music

For many people music is an important part of their prayer life. Music can be a great addition to a Holy Hour, especially contemporary praise and worship music.

You may wish to sing one or two songs, some suitable suggestions can be found at the end of this guide.

Make sure to include some extended times of silence in between the music to give individuals, and musicians, some reflection time with the Blessed Sacrament.



Who can do this?

- As before, the Blessed Sacrament should be reposed (placed back into the Tabernacle) by a Priest/Deacon/Extraordinary of Holy Communion

Reposing the Blessed Sacrament

What to do while the Blessed Sacrament is being reposed

- If the Blessed Sacrament is being reposed by a Priest/Deacon there will be Benediction (a blessing where the monstrance is held and is elevated and moved in the sign of the cross). If being reposed by a minister the blessing will not occur.
- As the Blessed Sacrament is reposed it is appropriate to sing/say the following verse three times:



O Sacrament most Holy,
O Sacrament Divine,
All praise and all thanksgiving,
Be every moment Thine!



After Exposition



What happens after a Holy Hour?

- It may be appropriate to thank people for attending and to share upcoming opportunities for prayer and reflection with them.
- If the Holy Hour is preceding a Mass a short period of silence is advised whilst the Altar is prepared.

Suggested Scripture / Music

Matthew 5: 3-11 The Beatitudes

Matthew 9: 18-26 Jesus raises a dead girl and heals a sick woman

Matthew 14: 13-21 Jesus feeds the five thousand

Mark 9: 2-13 The Transfiguration

Mark 14: 32-42 - Jesus in the Garden

Luke 8: 1-15 The Parable of the Sower

Luke 8: 22-25 Jesus Calms the Storm

Luke 24: 13-35 The Road to Emmaus

John 4: 1-26 Jesus talks with a Samaritan Woman

John 13: 1-17 Jesus washes His Disciples' feet

John 15: 1-17 The Vine and the Branches

When you walk into the room - Bryan & Katie Torwalt

Receive our Adoration - Benton Brown

Here as in Heaven - Elevation Worship

O Praise the Name - Hillsong Worship

God I look to you - Bethel Music & Francesca Battistelli

Adoramus te, Domine - Taizé

Laudate Dominum - Taizé

Be still for the presence of the Lord - David Evans

Love divine, all loves excelling - John Stainer

All who are thirsty - Benton Brown

O come to the Altar - Elevation Worship

Bread of life - Jo Boyce and Mike Stanley