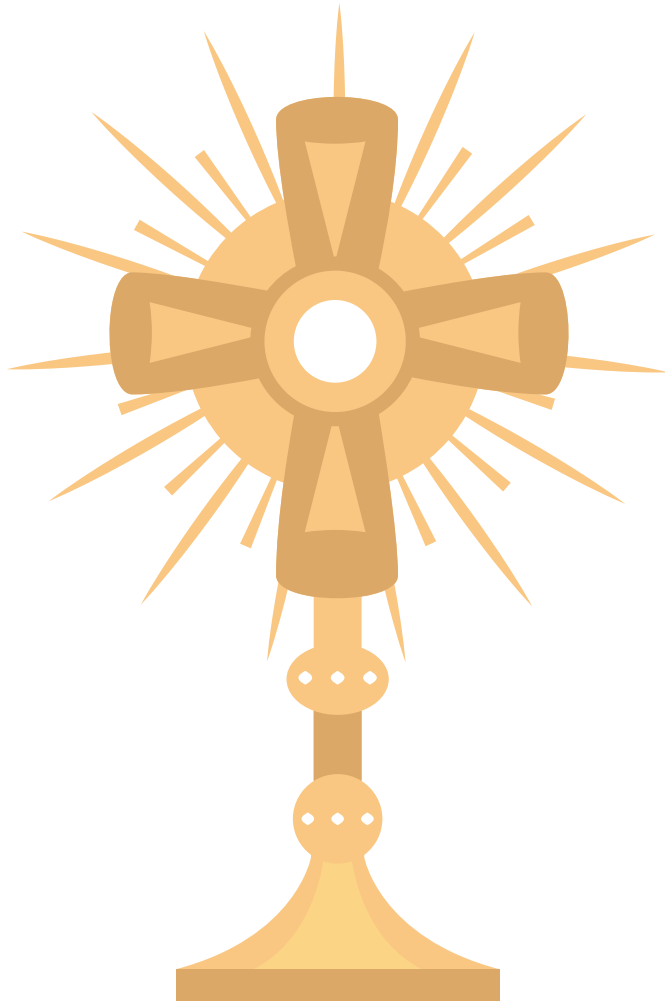
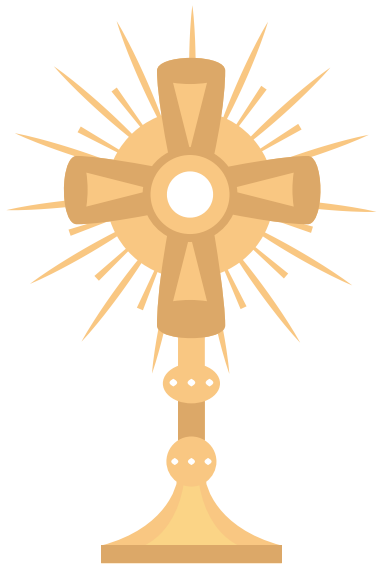


Jesus said to them, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never thirst” *John 6: 35*



**A**  
**Guide to a**  
*Holy Hour*



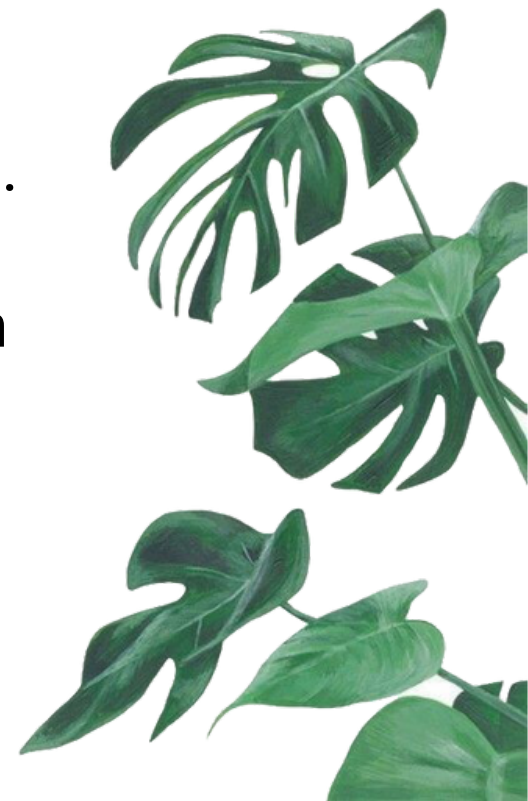


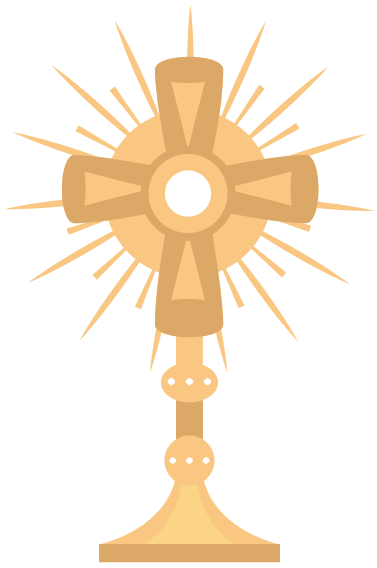
## *What is a Holy Hour?*

**A Holy Hour is a time of prayer when we spend an hour in Eucharistic Adoration in the presence of the Blessed Sacrament.**

In Matthew 26:40, Jesus goes to the Garden of Gethsemane on the night before His Crucifixion. When His disciples fell asleep during their time of prayer, He asked them, ‘Could you not watch with me one hour?’

Although we might not be spending this long with Jesus, traditionally people spend an hour in Adoration.



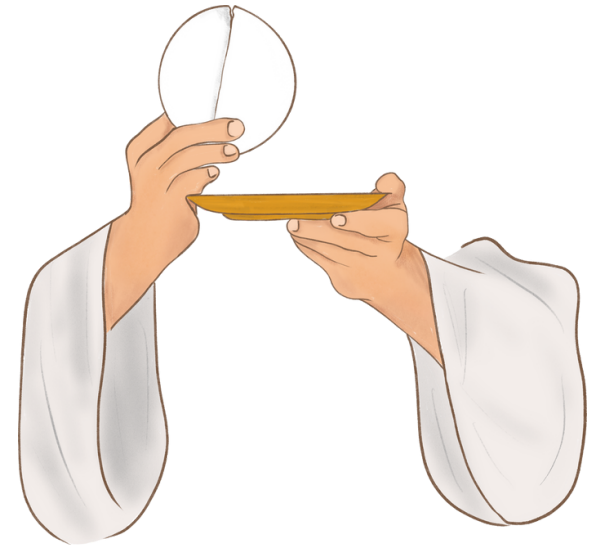


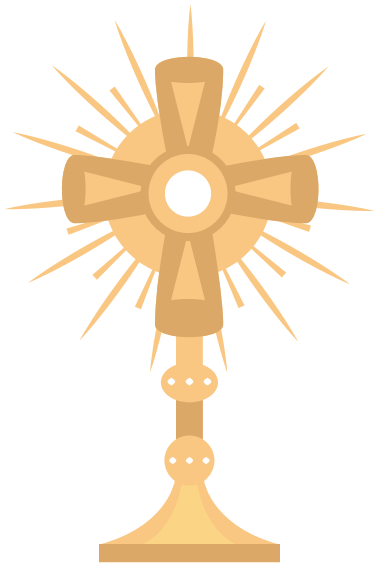
# *What is Eucharistic Adoration?!*

**Eucharistic Adoration is sometimes referred to as Exposition of the Blessed Sacrament**

The Blessed Sacrament is exposed in a Monstrance so people can sit and ‘adore’ Jesus and spend time in His presence.

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.





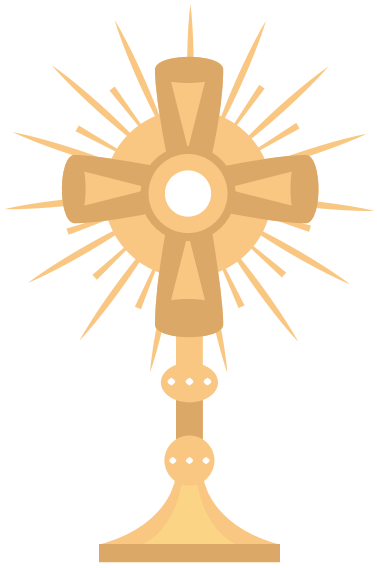
# *What is the Blessed Sacrament?*

**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.’**

In Luke 22: 19, Jesus is at table with His disciples. ‘And he took bread, gave thanks and broke it, and gave it to them, saying, “This is my body given for you; do this in remembrance of me.”’

We call this the Institution of the Eucharist.





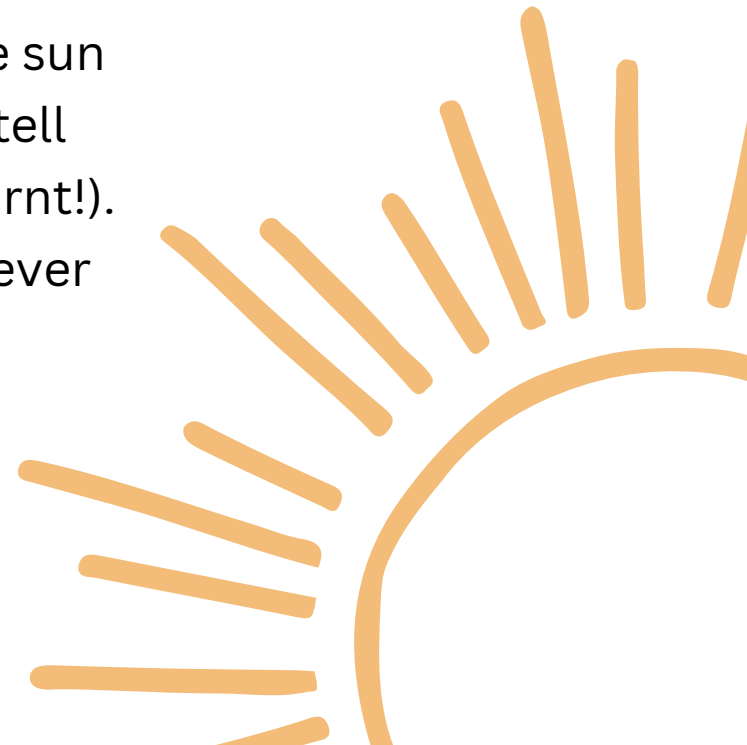
## *Why do we go to Adoration?*

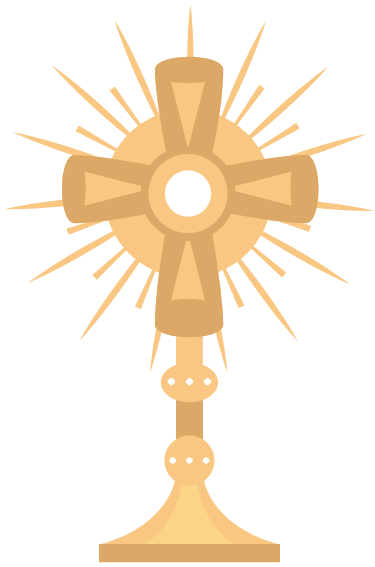
**Going to a Holy Hour is like spending an hour with our closest friend. When we are with our closest friends, we are comfortable in each other's company - we might not even have to talk.**

**Jesus is here for us in the Blessed Sacrament and wants us to spend time with Him.**

It is also a bit like sunbathing. When we are in the sun we take in the goodness, and people can often tell when you have a bit of a tan (hopefully not sunburnt!). The amazing thing about Exposition is you can never get too much of Jesus' love!

Look closely at the monstrance - it is often shaped like a sun with rays pointing in all directions, leading outwards from Jesus.

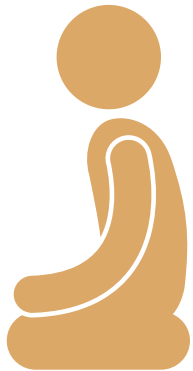




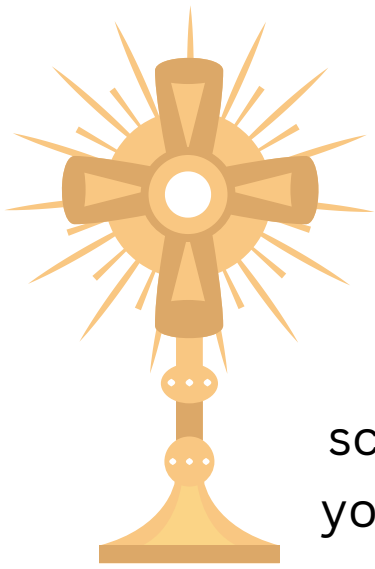
# *What do we do in Adoration?*

**Adoration is a very personal time between an individual and Jesus. How we each spend this time differs, but the actions when entering and leaving a Holy Hour are always the same.**

**Genuflect** - When you enter the Chapel/Church remember to genuflect towards the Blessed Sacrament. Top Tip: Wherever Jesus is, that is where you Genuflect. (He may be in the Tabernacle or in the Monstrance on the Altar.)



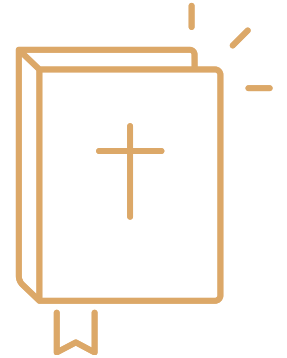
**Sit/Kneel** - You are encouraged to sit by yourself around the Chapel/Church - this will help you keep your focus on Jesus. You may want to use kneelers to kneel during your time with the Blessed Sacrament.



# What do we do in Adoration?

**Your time with Jesus can be a time of silence.**

**Read Scripture** - You might want to read some scripture or focus on any scripture that is shared in your group. Share how this scripture makes you feel with Jesus (Don't worry, you don't have to say anything out loud!)

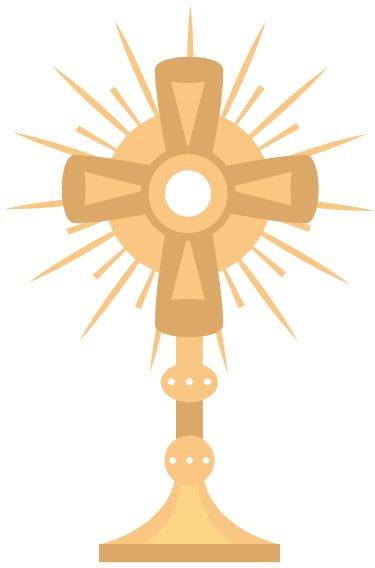


*Listen*  
TO THE  
**SILENCE**

**Silence** - Focus on the Blessed Sacrament in the Monstrance and spend some time in silence. If you want to share your thoughts with Jesus, He is always interested in our lives and how we feel.

**Meditate** - If you struggle with quiet and stillness, a good way to make the most of this time might be to meditate. Close your eyes and imagine yourself walking somewhere - a beach, a forest, a street etc. Imagine what things you can see and hear around you.





# *What do we do in Adoration?*

**If you have never experienced Exposition before, take this opportunity to try something new!**

**Prayer** - as your time in Exposition comes to a close might want to offer a prayer intention - a person or situation that you want to pray for. There may be an opportunity for you to write this down in an intentions book.



**Genuflect** - As you leave the Chapel, don't forget to genuflect. It is also important to keep a calm and quiet atmosphere as you leave - especially as there might be other groups in the Chapel/waiting to come in.

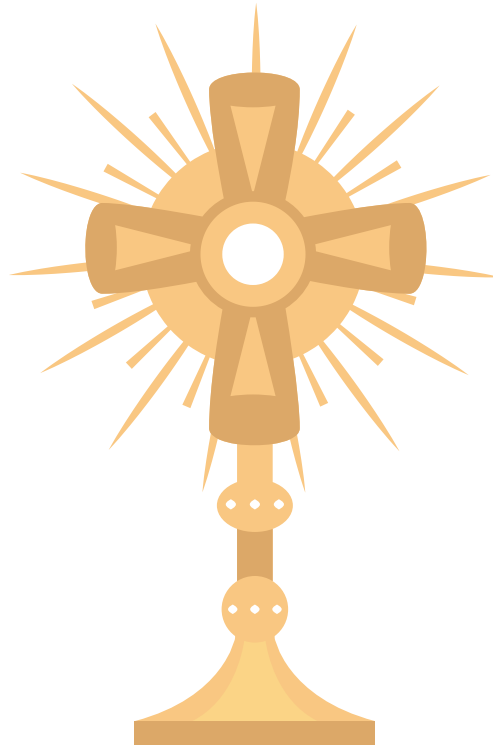


# *What happens after Adoration?*

**After you have experienced a Holy Hour have a think about these questions.**

Was it different to what you expected?

What will you take away from your time in the Holy Hour?



How might you describe your experience in one word?

What challenged you the most?