



# WHAT TO DO DURING YOUR HOLY HOUR

a step-by-step guide how to pray with the Lord



# YOU ARE NOT ALONE

Do you ever try to pray only to realize you don't know what to do or what to say?

Do you ever visit the Adoration Chapel only to leave frustrated because you do not know *how to pray*?

If you answered “yes” to either of those questions, know that you are not alone. Here are a few suggestions aimed at helping you spend time with our Lord.

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**MINUTES 0 - 5** | Reflect on the follow 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, God’s initiative of love always comes first; our own first step is always a response.”* (no. 2567)

**MINUTES 5 - 10** | Look in your heart. Look at your life. *What do you want?* What do you *really* want? Tell God right now what you need from Him during this time of prayer.

**MINUTES 10 - 15** | Find a passage from the Bible and read it slowly. Get familiar with the text. Read the passage a second time, this time reading it even slower. Very slowly, read the passage a third and final time. Pay extra attention to any word, words, or phrases that stick out to you.

Need Bible passage suggestions to get you started? Here are 5 passages that may help.

1.) PSALM 139

2.) PSALM 27

3.) LUKE 12:22-32

4.) PSALM 23

5.) ROMANS 8:31-39

**MINUTES 15 - 25** | Think about your life. What are the word, words, or phrase from the Bible passage speaking to you in your life? How does the Bible passage connect to your life? Take your time. There's no need to rush.

**MINUTES 25 - 35** | Talk to God. Talk to Him as if He were a real person. 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)

**MINUTES 35 - 45** | Listen. God will speak to you. Maybe God will speak through a thought or a feeling. Maybe He will speak to you through a memory. Listen with all your senses.

**MINUTES 45 - 50** | Return to the Scripture passage once again. Read it slowly one more time. Is there any word, words, or phrases that speak to you again?

**MINUTES 50 - 55** | What can you do today to act on what God has revealed to you? Get practical. In your real life, what can you do?

**MINUTES 55 - 60** | End your time with the Lord by giving thanks. Thank Him for hearing you. Thank Him for speaking with you. Be specific. Tell God specifically what you are thankful for.

## **ONE HOUR CAN CHANGE YOUR LIFE**

Is the Lord calling you to go deeper? Are you hungry for more? The Lord may be calling you to commit to becoming an adorer in our Adoration Chapel. It's just 1 hour a week. For more information call our church office: 985.447.2013.

### **CHRIST THE REDEEMER**

720 Talbot Ave. Thibodaux, La. 70301  
985.447.2013 | [www.ctr-htdiocese.org](http://www.ctr-htdiocese.org)

### **MASS SCHEDULE**

Mondays - Fridays | 7.30 *a*

Saturdays | 8.30 *a* & 4.00 *p* Vigil

Sundays | 7.00 *a*, 9.00 *a*, 11.00 *a*,  
3.00 *p* (en español) & 6.30 *p*