

Tips for Making a Good Holy Hour

Based on "Your Holy Hour," in *Christian Prayer & Virtue*, The Institute for Priestly Formation (Omaha: IPF Publications, 2013), 60.

Before The Holy Hour

1. Subject Matter: Choose the subject matter of prayer beforehand.

Examples: Scripture Passage; Saint Reading; Particular Virtue; Particular Struggle; etc. [Even if you're tired and can't think of anything, bring that fatigue to the Lord]

2. Know that God is more than willing to fill you with every good gift. Therefore, know **what grace** you want to ask from God, and have confidence that He will answer your prayer in the best way.

Praying a Holy Hour

1. Acknowledge God's presence within you, and consider how the Lord is beholding you. Also, acknowledge God's presence *before* you if the Blessed Sacrament is present.

2. Ask for the **grace** that you want to receive

3. Pray with the subject matter (see examples above) that you decided beforehand

- Lectio Divina: Lectio, Meditatio, Oratio, Contemplatio
- Ignatian Prayer / Imaginative Prayer (placing yourself in the scene)

4. ARRR: Acknowledge, Relate, Receive, Respond

- **Acknowledge:** Pay attention to the **thoughts** that come to mind. Also note the **feelings** and **desires** that come up in prayer that are associated with these thoughts. *Be honest with yourself.*

- **Relate:** Talk to God about the thoughts, feelings, and desires that you just acknowledged to yourself. *Be honest with God.* [Remember, He already knows, but you should tell Him anyway.]

- **Receive:** God wants to give us something in return; He wants to transfigure and divinize us, making us more like Him. What do you sense that God is giving to you?

- Is there an image of God that comes to mind? An insight? A particular Biblical passage?

- **Respond:** What thoughts, feelings, and desires come to mind as a result from what you feel you have received from God? How might we respond to the grace we've been given (deeper surrender, abandonment, or trust in God; moved to change certain aspects of our lives; etc.)

5. Colloquy: Continue the heart-to-heart **conversation** with God (Father; Son; Holy Spirit; Mary or other Saints)

- This conversation begins above with the ARRR. Remember that a **conversation** is both **speaking and listening**

After the Holy Hour

Review, then journal about the Holy Hour

- Generally, don't exceed 15 minutes
- How did the prayer go?
- How were you moved? Consolations? Desolations? Insights?
- If there is a particular image, experience, memory, etc. that the Lord gives you, it could be good material for **repetition**: taking that material and praying about it in the next holy hour.
- Journal about the Holy Hour
 - Be brief. You don't need to get every detail. Write down the important highlights and use these in Spiritual Direction.

Remember...

- Never leave early from the Holy Hour. Sometimes the Lord will speak in the last minute of the hour. *Be faithful to the Lord, because He is always faithful to you.*