

## *How to Make a Pauline Hour of Adoration*

### *Invitation*

If you are looking for a way to deepen your relationship with God, or yearn for “something more” in your life, you are not alone in your search. God is not only aware of your deepest desires, but longs to become that “Something More.”

Many people have found healing, wholeness, and fulfillment by praying in the presence of the Eucharistic Jesus. Jesus' gift of himself to us in the Eucharist is an amazing manifestation of God's great desire to be close to us.

For Christians, the Eucharist “is the source and summit” of life, the highest form of prayer (*Lumen gentium*, #11). While the Mass is an act of worship we make together as the People of God, taking time to reflect on—and be with—the Mystery of the Eucharist can be very fruitful.

Eucharistic adoration is not a substitute for Mass, but a way to deepen our living of the Eucharistic Celebration in all its fullness—a time to ponder the tremendous mystery of Christ's self-giving love.

### *How to Make a Pauline Hour of Adoration*

The actual method of making a Pauline hour of adoration and its simple structure follows the three-fold definition Jesus gave of himself as Way, Truth, and Life. Thus, the hour of adoration is divided into three “moments,” or parts. A rigid time constraint is not important; what is essential is that time be given to each of these three moments.

#### *Begin with:*

- Choosing a theme (or asking for a particular grace)
- A hymn or prayer of adoration that helps us to enter into a real encounter with Jesus

### *Adoring Jesus Truth*

*In the first part, we adore Jesus, listening attentively to his Word to us today and letting his truth shape our minds and attitudes:*

- ◆ Ask the light of the Holy Spirit
- ◆ Read a passage of Scripture (chosen ahead of time if possible)
- ◆ Listen with your heart to how Jesus is speaking to you in his Word
- ◆ Converse with Jesus about how this reading touches your life
- ◆ Make a personal act of faith

Asking the light of the Holy Spirit, we read a passage of Scripture, chosen according to the theme, and adore Jesus in his Word.

We listen attentively, not only with our ears, but also with our hearts, letting Jesus Truth enlighten us and give us new understanding and insight. We can reread the Scripture passage, or converse with Jesus about how it touches our life and what it means for us today, in our situation.

The reading may be long or short. What is important is to leave time for reflection, allowing Jesus' saving Word to enlighten us here and now. After about twenty minutes, we respond to the Word of God with an act of faith, an affirmation of our belief in and our commitment to Christ.

### *Following Jesus Way*

*Having just recommitted ourselves to Christ, we now turn to contemplate Jesus as our Way and our Model, and we look more closely at our relationship with him*

In light of your reflection on the Word of God, contemplate God's action in your own life:

- ◆ Thank God for the marvelous ways he has gifted you
- ◆ Confront your life with Jesus' words and example, then express sorrow for your sinfulness, and resolve to follow Jesus faithfully
- ◆ Renew your trust in God's tremendous love for you and ask for the grace to respond generously to his love

Taking up the theme of the Scripture passage and our reflection, we contemplate God's action in our own lives:

First, we thank God for the many and marvelous ways we have been touched by God's loving gifts. For example, take a few minutes to be truly grateful for the bright spots in my day, in my life.

Then, as we become aware of God's many blessings, we realize that we have often failed to respond to those blessings. We take some time to confront our lives with Jesus' words and example that we have just reflected on, asking ourselves how Jesus is calling us to follow him more closely. How might Jesus be calling us to change—in our attitudes, actions, or desires—so that we can become more like him?

Then, we express our sorrow for our sinfulness and renew our resolve to more faithfully follow our loving Master in the concrete way we live our life, trusting that God will give us the graces we need to change.

Jesus wants us to trust in him. He wants us to be his presence in the world today. We can ask him specifically for the grace to radiate the light of his love to others.

### *Sharing Jesus' Life*

*Converted anew, we try to open our hearts completely to Jesus Life, to let his sustaining grace and peace touch our hearts so that we can bring that same peace and love to others.*

- ◆ Offer Jesus your heart, and rejoice in his presence and love for you
- ◆ Pray from your heart, inviting Jesus to transform you and sharing with Jesus your deepest desires
- ◆ Bring to the Lord your own needs and those of the world
- ◆ Pray spontaneously or in the form of a psalm, the Liturgy of the Hours, the Rosary, the Stations of the Cross, the Divine Mercy Chaplet, the Litany to the Sacred Heart, the Litany of Loretto, or another favorite prayer
- ◆ Conclude with a spiritual communion and by offering Jesus one way you can be his presence in the world

In this third part, we unite ourselves to Jesus who is our Life, and contemplate his love for the Father, for all humanity, and for each of us.

We bring to God our own needs and the needs of the world.

We can pray spontaneously—words from our heart, sharing with Jesus exactly what is weighing on our minds and hearts, and asking him to share his Heart with us. We can also pray a more structured prayers, such as the Rosary, the Stations of the Cross, the Liturgy of the Hours, a psalm, or other prayers.

This third part of our Visit with Jesus is time for "prayer of the heart"; that is, letting ourselves be loved by the Lord, sharing with God our needs and our deepest desires, and asking to be transformed into witnesses of his love and truth.

*We conclude our hour of adoration with an act of love and return to daily life not only refreshed and renewed, but more aware of our call to bring the fullness of our life in Christ to the world in which we live and work.*