

ARCHDIOCESE OF CHICAGO



HOLY HOUR FOR CATECHISTS

“When we receive Holy Communion, we receive our joy and our happiness. The good God, wishing to give Himself to us in the Sacrament of His love, gave us a vast and great desire, which He alone can satisfy.” — St. John Vianney



“Your chief aim in Holy Communion should be to advance, strengthen, and comfort yourself in the love of God; receiving for love’s sake what love alone can give.” — St. Francis de Sales

Time spent with the Lord in Eucharistic adoration strengthens you for your catechetical ministry and equips you to faithfully bear witness to Jesus, introduce people to the mystery of God, and accompany others in the Christian life.

Begin your holy hour prayers by settling into a comfortable position. Breathe slowly and deeply for a few moments, letting your entire body relax. Let the worries and cares you’ve been carrying fade into the background as you allow your mind to relax along with your body. While you slowly read these prayers, pause from time to time to reflect on what you have read, listening for God to speak to your heart and inspire you in your catechetical ministry.

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

Opening Prayer

Loving Father, pour forth your Holy Spirit upon me that I may be a good catechist of your Word, your Son, Jesus Christ.

Render my mind and heart so open, receptive and responsive to your Holy Spirit that, like Mary, I might become a living instrument of your Word to others. Help me to be a faithful witness to Gospel life so that your Church may become ever more alive.

Let the fire of your love so enkindle my heart that I may be an instrument of drawing others to love of you in the Church of your Son. I ask this through Christ our Lord. Amen.

Spiritual Communion

My Jesus, I believe that You are present in the Most Blessed Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there, and I unite myself wholly to You. Never permit me to be separated from You.

The Gentle Mastery of Christ — Reflection One

Slowly read and reflect on the following Scripture passage:

At that time Jesus said in reply, "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to the childlike. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light." (Matthew 11:25-30)

Reflection

Pause and reflect on the words of Jesus from the Gospel of Matthew and how they relate to your spiritual life. Allow yourself to rest in Jesus' presence as you ponder his humility of heart and how you might learn from him.

- Reflect on your relationship with Jesus and the ways in which he has revealed the Father to you. How has this revelation of the Father helped you to see yourself as a beloved child of God?
- Consider the degree to which you turn to the Lord when you "labor and are burdened." In what ways have you taken His yoke upon you and how has that eased your burden?

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son and Holy Spirit.

I believe that your divine Son became man and died for our sins and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith, I intend to live and die. Amen.

He Restores My Soul — Reflection Two

Slowly read and reflect on the following Scripture passage:

The LORD is my shepherd; there is nothing I lack. In green pastures he makes me lie down; to still waters he leads me; he restores my soul. He guides me along right paths for the sake of his name. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff comfort me. You set a table before me in front of my enemies; You anoint my head with oil; my cup overflows. Indeed, goodness and mercy will pursue me all the days of my life; I will dwell in the house of the LORD for endless days.

(Psalm 23:1-6)

Reflection

Pause to open your heart to the Lord as your shepherd, the One who will truly restore your soul and guide you along right paths. Allow yourself to rest in Jesus' presence as you ponder the ways that he makes your cup overflow.

- Reflect on those times in your life when you may have experienced “the valley of the shadow of death.” Looking back now, do you recognize ways in which the Lord was with you in that difficulty, offering you some comfort and peace?
- Ponder the ways in which the goodness and mercy of the Lord are with you at all times. What are some ways in which you might “dwell in the house of the Lord” in your daily life?

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind and merciful. In this hope, I intend to live and die. Amen.

Joy and Peace — Reflection Three

Slowly read and reflect on the following Scripture passage:

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near. Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God. Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus. Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you.

(Philippians 4:4-9)

Reflection

Pause and reflect on Paul's words to the Philippians and how they relate to your experience of joy and peace in Christ. Allow yourself to rest in Jesus' presence as you ponder what it means to make your requests known to God.

- Reflect on those areas of your life where you've allowed anxiety to overshadow you. What are some ways you can remind yourself to rejoice in the Lord always and to turn to him daily in prayer and petition?
- Consider those things that you turn your thoughts and attention to most often. Do these things bring peace to your soul? What might you do differently to focus your attention on things that are true, honorable, just and pure?

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

Litany of Trust

To each of the following, we pray, “Deliver me, Jesus.”

From the belief that I have to earn Your love...
From the fear that I am unlovable...
From the false security that I have what it takes...
From the fear that trusting You will leave me more destitute...
From all suspicion of Your words and promises...
From the rebellion against childlike dependency on You...
From refusals and reluctances in accepting Your will...
From anxiety about the future...
From resentment or excessive preoccupation with the past...
From restless self-seeking in the present moment...
From disbelief in Your love and presence...
From the fear of being asked to give more than I have...
From the belief that my life has no meaning or worth...
From the fear of what love demands...
From discouragement...

To each of the following, we pray, “Jesus, I trust in You.”

That You are continually holding me, sustaining me, loving me...
That Your love goes deeper than my sins and failings and transforms me...
That not knowing what tomorrow brings is an invitation to lean on You...
That You are with me in my suffering...
That my suffering, united to Your own, will bear fruit in this life and the next...
That You will not leave me orphan, that You are present in Your Church...
That Your plan is better than anything else...
That You always hear me and in Your goodness always respond to me...
That You give me the grace to accept forgiveness and to forgive others...
That You give me all the strength I need for what is asked...
That my life is a gift...
That You will teach me to trust You...
That You are my Lord and my God...
That I am Your beloved one...

Adapted from The Litany of Trust written by the Sisters of Life

Meditation

Dearest Lord Jesus, grant that my soul may hunger for Thee. Let me ever desire Thee; seek Thee and find Thee; have Thee for my goal and my achievement; think and speak of Thee only, doing all that I do for the honor and glory of Thy Name, humbly and prudently, with love and delight, with ready goodwill, and with perseverance to the end.

Be Thou ever, Thou only, my hope and all my trust, my treasure and pleasure, my joy and delight, my rest, peace, and quiet, my sweet and delicious fragrance, my food and support, my refuge and help, my wisdom, my heritage of wealth, my very own. Let my heart and soul be set on Thee, firmly and immovably rooted in Thee henceforth and forever. Amen.

Adapted from the Prayer of St. Bonaventure

Closing Prayer

“Dear Jesus, help me to spread your fragrance everywhere I go; flood my soul with your spirit and life; penetrate and possess my whole being so completely that all my life may be only a radiance of yours; shine through me and be so in me that everyone with whom I come into contact may feel your presence within me. Let them look up and see no longer me—but only Jesus. Amen.”

—St. John Henry Cardinal Newman

Pray 1 Our Father, 1 Hail Mary, 1 Glory Be

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Remain in me, as I remain in you. Just as a branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you remain in me. I am the vine; you are the branches. Whoever remains in me and I in him will bear much fruit, because without me you can do nothing. (John 15:4-5)

Sources:
USCCB Bible
Manual for Eucharistic Adoration
sistersoflife.org
Loyola Press, Prayer for Christlikeness