

# OPEN THE DOOR TO *Jesus* IN PRAYER

## HOW CAN I SPEND AN HOUR WITH JESUS IN ADORATION?

This is a simple guide to spending an hour with Jesus. You may spend as much time as you like on each point. In time, you may develop your own way.

### 1 MAKE THE SIGN OF THE CROSS

Do this slowly and deliberately, reminding yourself that you have been invited into the life of the Holy Trinity through your Baptism.

### 2 HUMBLE YOURSELF BEFORE GOD

Come to God in humility. Place yourself in His presence and make an act of faith: "Jesus, you are truly present in the Blessed Sacrament. I believe, help my unbelief."

### 3 INVOKE THE HOLY SPIRIT

Ask the Holy Spirit to help you to pray. It may take a few minutes to really surrender yourself to Him.

### 4 GIVE GOD YOUR JOYS AND WORRIES

Speak to Jesus as a friend. Tell Him about your joys and your worries. Intercede for those who need your prayers. Hand everything over to Jesus.

### 5 NOURISH YOUR PRAYER

Read and pray with the Word of God. What touched you? Make a decision on how to respond to this in the coming week.

### 6 WAIT IN PRAYER

You may feel inspired, but you may not. It's okay – maybe Jesus just wants you to rest on His Heart.

### 7 GIVE THANKS TO GOD

Offer Him your hour of prayer and thank Him for the opportunity of being with Him.

### 8 MAKE THE SIGN OF THE CROSS

#### NEVER JUDGE THE QUALITY OF YOUR PRAYER

It is God who works in us, not us in Him. You may experience dryness or distraction, but don't give in to the temptation of feeling that prayer is a waste of time. It is not about feelings but faithfulness. So don't be discouraged if you find it hard.

**JUST REMEMBER: YOU LEARN TO PRAY BY PRAYING!**

**ADORATION** is time spent in the presence of Jesus in the Blessed Sacrament, acknowledging that He is our Creator, and we are His beloved sons and daughters. In Adoration, it is God who does all the work, not me. I don't need to do anything! It is not about doing, it is about being - being in His presence, with the gift of my time and the surrender of an open heart.



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