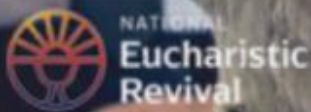




FAMILY HOLY HOUR

We invite you to spend time as a family
in adoration.

1st Saturday of the month
9-10 AM in the Church



*"If we get in front of the sun, we get sun tans. . .
but when we get in front of Jesus in the Eucharist, we become saints."*
-St. Carlo Acutis

What is a Holy Hour?

A Holy Hour is an opportunity for people to spend an hour with Jesus in the Eucharist outside of Mass. The Eucharist is placed on the altar in a monstrance so that we can contemplate the simultaneous humility and majesty of God dwelling among us.

Know before you go

- Talk about the Eucharist and Adoration before you go: “We’re going to visit Jesus. He’ll be on the altar, and we get to talk to Him in our hearts.”
- Talk about what it will be like: “Jesus will be there, looking like bread on the altar in a gold monstrance to remind us that he is God, so we will show respect. There will be other people there praying too, so we will be quiet so they can talk with Jesus in their hearts too.”
- Bring age-appropriate items to help them pray:
 - A children’s Bible
 - Saint storybooks
 - Rosary beads
 - Coloring pages with Scripture or saints
 - Examination of conscience (the Sacrament of Reconciliation will be available during the holy hour)
 - Prayer prompts
 - A journal or sketch pad to write or doodle thoughts for Jesus
- Right before you go into the Adoration:
 - Go to the bathroom
 - Eat a snack
 - Get the wiggles out
 - Plan a treat or tradition afterward to create joyful associations.
- Try sitting close to the front so they can see the monstrance and know “That’s Jesus.”
- It’s okay if your kids whisper questions or fidget a little—this is a learning experience.

What to do during Adoration?

- Start together: “Dear Jesus, thank You for being here with us. Help us to be still, to listen, and to love You more. Amen.”
- Help your child try various prayer styles by using the things in your bag.
- Encourage everyone in your family who is eligible to receive the Sacrament of Reconciliation.
- What or how you pray during Adoration really doesn’t matter; remember, Jesus is shining on your children like the sun shines on the beach.

Prayer prompts

- Adoration: tell God something you love about God and / or Creation: Ex: “Blessed are you, Lord God of all creation.”
- Contrition: tell God about something you are sorry you did: Ex: “God, I am sorry I hit my brother.”
- Thanksgiving: say “Thank you!” to God for something wonderful in your life: Ex: “Thank you, God, for my family, friends, Last Kids on Earth, lollipops, playgrounds, and potatoes.”
- Petition: ask God for something for yourself or someone else: Ex: “Please, Lord, protect those under attack, help me do well on my spelling test, and bring peace to someone who is angry or sad.”
- Enjoy God’s presence.
- Color a Bible coloring page and think about the story.
- Color a Eucharist or rosary coloring page and offer it as a gift to God.
- Read the Bible or a saint story.
- Speak to Jesus in your heart. Write in your journal if it helps. Tell Him. . .
 - something you are really excited about this week
 - something making you nervous or worried
 - something about your family
 - all about someone who needs prayers/blessings and why
 - something that makes you very happy
 - something that makes you scared
 - something that is bothering you

After the hour

- Let kids light a votive candle in the adoration chapel off the narthex to “leave their prayer with Jesus.”
- Talk about how you each felt, what you saw, and what you did.
- Praise your children: “You did a beautiful job being with Jesus.”
- Enjoy your planned treat or tradition afterward to create joyful associations.
- Don’t stress! Even a “messy” holy hour is an offering God receives.