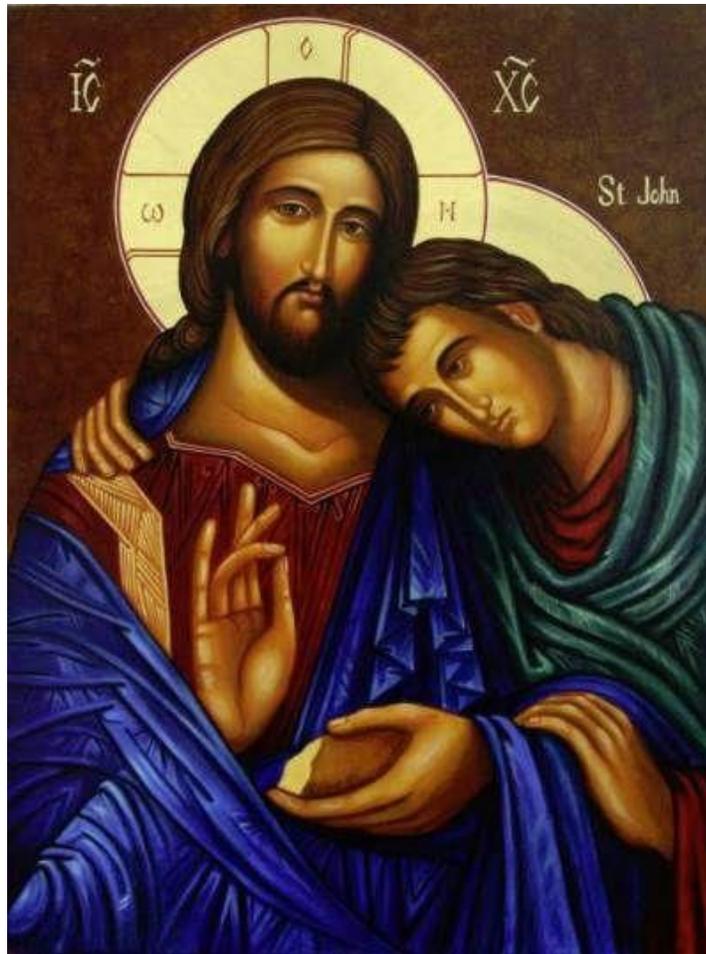


## HOLY HOUR OF EUCHARISTIC ADORATION IN SINU JESU

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This Holy Hour is based on the personal practice of a long-time member of Adoration Boston. He has found the following prayers and reading helpful and strongly recommends them to all for time in Adoration. “In sinu Jesu” means “on the chest of Jesus” and refers to the Beloved Disciple who rested his head on Jesus’ chest to comfort him during the Last Supper.



*Jesus and the Beloved Disciple*

***The following prayers are meant only for a private Holy Hour of silent prayer. There is no single formula for a Holy Hour; this format is a suggestion to help you pray during Adoration.***

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Upon entering the Church, bless yourself with holy water as a reminder of Baptism, recalling that faith in God, hope in his promises, and love for him are his freely given gift. Proceed into the main part of the Church and acknowledge Jesus in the Eucharist by genuflecting – kneeling on the right knee – a sign of reverence for the presence of Jesus Christ.

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

### OPENING PRAYERS

Prayed kneeling in the pew

Lord Jesus Christ, Son of God, have mercy on me a sinner (10x)

Jesus, I surrender myself to you. Take care of everything! (10x)

### THE CHAPLET OF DIVINE MERCY

*'I am love and Mercy Itself. There is no misery that could be a match for My mercy, neither will misery exhaust it, because as it is being granted – it increases. The soul that trusts in My mercy is most fortunate, because I Myself take care of it.'*

- Divine Mercy in My Soul, no. 1273

### THE ROSARY

*The Rosary is a powerful weapon to put the demons to flight and to keep oneself from sin...If you desire peace in your hearts, in your homes, and in your country, assemble each evening to recite the Rosary. Let not even one day pass without saying it, no matter how burdened you may be with many cares and labors.*

- Pope Pius XI

## SPIRITUAL READING

Prayerful reading is an excellent way to nourish the spiritual life. Read slowly and reflectively and take time to share your thoughts and responses with Jesus.

(1) **In Sinu Jesu:** perfect for priests, religious, and laypeople, it is Jesus and the Blessed Mother speaking to the heart of this anonymous Benedictine monk. This book is based on the personal diary he kept. An entire page is devoted to the miraculous, powerful blessings to nighttime adorers who sacrifice an hour of sleep to be with Jesus.



(2) **Divine Mercy in My Soul:** this is the diary of St. Maria Faustina Kowalska, a mystic who recorded her many conversations with Jesus. These revelations are the source of Divine Mercy Sunday and the Chaplet of Divine Mercy.

(3) **Why Catholics Are Right:** a national bestseller. Writer and columnist Michael Coren addresses four principle aspects of the Catholic faith that are commonly misunderstood today through a solid historical examination of history and Catholic doctrine.

(4) **Strangers in a Strange Land:** very thought-provoking and unfortunately, right on the mark. Archbishop Charles Chaput of Philadelphia reflects on

the history and present state of the Church in the United States in relation to the wider culture.

(5) **Happy Are You Poor:** the title seems contradictory, but Father Thomas Dubay, S.M., makes an excellent case why we should share, and not be “possessed by our possessions.”

(6) **On Retreat with St. Josemaria Escriva:** John O'Dogherty uses writings of the founder of Opus Dei to present a personal retreat. The book is “jam-packed” with excellent selections from one of the most popular preachers of the 20<sup>th</sup> century.

(7) **Abandonment to Divine Providence:** Rev. Jean-Pierre de Caussade gives lot of advice on how to reach ultimate peace and joy - and leave everything in God's hands, thanking him at all times. This is the first thing do when arriving at adoration, as noted above.

(8) **Spiritual Dangers of the 21st Century:** Rev. Joseph Esper’s well-researched but easily readable assessment of the contemporary world is eye-opening, but also provides an opportunity to reflect on personal values and how comfortable believers can become in a world that is indifferent or hostile to Christ.

(9) **The Joy of Priesthood:** Rev. Stephen Rossetti teaches about the priestly life. It is also a great read for laypeople who wants to understand the priesthood better and to promote vocations to the priesthood.

(10) **That Nothing May Be Lost:** Rev. Paul Scalia has “a scholar’s mind and a pastor’s heart.” This book is a

scripturally-based exposition of Catholic doctrine that invites the reader to a deeper relationship with God.

**You need not be limited by these recommendations; just the *Lives of the Saints* and the writings of Saints provide an inexhaustible wealth of spiritual reading.**

### CONCLUDING PRAYER

Take a few moments to thank God for the blessings of this Holy Hour and all his gifts. Remember to continue to desire receiving his blessings throughout the day and week.

*Soul of Christ, sanctify me.*

*Body of Christ, save me.*

*Blood of Christ, inebriate me.*

*Water from the side of Christ, wash me.*

*Passion of Christ, strengthen me.*

*O Good Jesus, hear me;*

*Within thy wounds, hide me;*

*Never let me be parted from thee;*

*From the evil enemy, protect me;*

*At the hour of my death, call me*

*That with thy saints I may praise thee*

*Forever and ever. Amen.*

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

