



How to Pray a Holy Hour

A holy hour is a period of time set apart for God. It is a time of confidence with the Lord; a time to put yourself before the Lord and allow him to love and lead you. It is a time to allow yourself to be conformed to Christ.

A simple method for praying a holy hour is by following a pyramidal structure: 5 minutes, 15 minutes, 20 minutes, 15 minutes, and 5 minutes.

Here's how it works 



First 5 Minutes

Your Opening Prayer:

This is a time of verbal prayer before the Lord, giving him praise and asking his mercy. Quiet your heart and soul for the rest of the time.



Next Up 



Live different.

The Next 15 Minutes

Spiritual Reading:

During this time, engage with spiritual reading. This can be reading the Bible, the Mass readings, or some other work of the Saints. Use these 15 minutes to turn your mind to God and holy things. It should lead into the climax of your holy hour, which is next.



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The Next 20 Minutes

Silent Prayer:

This is set aside time to dialogue with the Lord. Bring before him whatever is on your mind and heart. This will often be fueled by questions from the day's reflection. Honestly share with the Lord your thoughts and concerns. Then, and most importantly, give the Lord the space to respond and yourself the silence to listen.



Next Up 



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The Next 15 Minutes

Intercession:

Pray for your own deliverance, for your family, your fraternity, the Church, and any other prayers you may have.



Next Up



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The Last 5 Minutes

Thanksgiving:

We have much to be thankful for each day. Consistent acknowledgment of God's gifts and graces brings a greater sense of appreciation and joy into life. Make a prayer of praise and thanksgiving before the Lord.



Closing



Live different.

In Closing

Close by asking Our Lady and your chosen saints to intercede for you throughout the day, just as you would ask your brothers to pray for you.

And that's it: your very own plan for 60 minutes of undistracted time with God.





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