

Suggestions for an Hour with God

These prayer suggestions are provided as ideas for you to use or draw on if you are occasionally at a loss as to what to discuss with God. The source of these suggestions is a committee of adorers at St. Joseph parish in Middletown, NY.

1. Slowly read scripture until something hits you. Then listen.
2. Say a rosary.
3. Let God look at you.
4. Tell Him something that made you happy. Then listen.
5. Tell Him what you are afraid of. Then listen.
6. Tell Him what angers you. Then listen.
7. Speak about your loved ones.
8. Pray for an enemy.
9. Talk with Him about work.
10. Sing a song for Him in your heart.
11. Promise to trust Him.
12. Imagine Mary sitting next to you and praying with you.
13. Renew your loyalty to His Church.
14. Lean on Him. Tell Him you love Him.
15. Thank Him for the Sacraments.
16. Tell Him your failures. Ask for help. Then listen.
17. Slowly recite the Beatitudes.
18. Say one Our Father slowly.
19. Say one Hail Mary slowly.
20. Say the Creed slowly.
21. Pray for vocations.
22. Ask Him to show you the next step.
23. Look at yourself. Count your gifts. Then thank Him.
24. Pray for the world.
25. Enjoy just being in His presence.

"In the Eucharist, the Son of God comes to meet us and desires to become one with us; Eucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is itself the Church's supreme act of adoration. Receiving the Eucharist means adoring him whom we receive. Only in this way do we become one with him, and are given, as it were, a foretaste of the beauty of the heavenly liturgy. The act of adoration outside Mass prolongs and intensifies all that takes place during the liturgical celebration itself. Indeed, only in adoration can a profound and genuine reception mature. And it is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist, which seeks to break down not only the walls that separate the Lord and ourselves, but also and especially the walls that separate us from one another."

— Benedict XVI, SACRAMENTUM CARITATIS

For more information or to participate in this special ministry, please contact:

Brenda Grayson

940-xxx-xxxx
brendagrayson@.....

Christy Watson

919.260.1059
mcmw36@
David Bindel
940-631-4583
dbindel@sacredheartwf.org

You can also learn more at our website:
www.sacredheartwf.org

SACRED HEART BLESSED SACRAMENT Perpetual Adoration Chapel



Sacred Heart Catholic Church
1501 Ninth St.
Wichita Falls, TX
940-723-5288
www.sacredheartwf.org

What is Perpetual Adoration?

Perpetual Eucharistic Adoration is continuous prayer before Jesus in the Blessed Sacrament. It is an expression of our love for Jesus. The Host, the Body, Blood, Soul and Divinity, of Jesus is placed in a monstrance and honored with the worship of adoration.

Adorers make a commitment to spend an hour a week before the exposed consecrated Eucharist. Adoration is continuous seven days a week, twenty-four hours a day except for a brief period at the end of Lent, termed Triduum, when the Eucharist is reposed.

What does the Church teach about Eucharistic Adoration?

The Church strongly encourages both private and public devotion toward the Eucharist and teaches that prayer before the Eucharist actually “extends the union with Christ which the faithful have received in Communion”. It helps them live in a more Christian way, trying “to maintain in their lives what they have received by faith and by sacrament”.

— *The Rites of the Catholic Church*

“The best, the surest and the most effective way of establishing PEACE on the face of the earth is through the great power of Perpetual Adoration of the Blessed Sacrament.”

— *St. Pope John Paul II*

“If people spent one hour per week in Eucharistic adoration, abortion would be ended.”

— *Blessed Mother Teresa*

“Let us never forget that an age prospers or dwindles in proportion to its devotion to the Holy Eucharist.”

— *Saint Peter Julian Eymard*

How does the Perpetual Adoration Chapel operate?

Holy Family Perpetual Adoration chapel is managed by a team of lay volunteers who schedule adorers for one hour once a week and take the responsibility to make sure someone will always be there with the Blessed Sacrament. Prayer and support is provided by the Legion of Mary.

How do I Sign Up to be a Regular Adorer?

Before you commit to an hour each week you may want to visit Sacred Heart Blessed Sacrament Perpetual Adoration Chapel first. You may also wish to check the hours that could use a prayer partner. Consider your own schedule and pray to the Holy Spirit to guide you.

At the right side of the perpetual adoration chapel is a table with a sign in book. The book is for both the regularly scheduled adorers and for visitors. After signing in as a visitor, complete the form entitled, "Invitation to Perpetual Adoration," and place it in the box on the same table. One of the members of the perpetual adoration coordinating team will call you.

What benefit is Perpetual Adoration to me?

No matter what our vocation in life is, we are all called to holiness. Spending time with Jesus will lead you in that direction. Don't expect everything in your life to suddenly change and everything to be perfect. Jesus never promised to take away our sufferings, but He did promise to be there with us in our sufferings. As we spend time with Jesus we come to trust Him and rely on Him more and more.

How do I spend my hour each week?

Let the Holy Spirit guide you. There are books available on the shelves in the hall. Please take all materials you bring into the chapel out with you when you leave.

Prayer Petitions

Prayer requests can be made by writing them on the 3 x 5 cards found on the sign-in table. Many adorers spend time praying for these intentions and writing special notes on the cards. Please do not use last names.

Who can visit the chapel?

The chapel is open to all visitors at any hour of the day or night. The dedication of those adorers who commit to a regular hour each week is truly an act of charity. It enables the chapel to be open for any and all persons wanting to make a visit to the Lord.

Where is the chapel located?

Sacred Heart Blessed Sacrament Perpetual Adoration Chapel is located at Sacred Heart Catholic Church, 1501 Ninth St. Wichita Falls, TX., The Chapel adjoins the Church on the northwest side, with the door under the covered area.

