

## Resources for Weekly Adoration

In this year of the Eucharistic Revival, we are encouraging all parishioners to spend an hour each week in Adoration before the Blessed Sacrament. Whether at Holy Name or another parish closer to your home, this is your invitation to grow in relationship with Our Lord in the gift of the Eucharist.

### How to Spend your Holy Hour

Adoration is a time to simply be with God. If you're praying before the Blessed Sacrament, gaze at Jesus and let Him gaze back at you. Rest in wonder at who God is and how He invites you to know Him. The outline below can help guide your time:

- Make an Act of Faith in the real presence of Christ in the Eucharist. Then, make an Act of Hope in his mercy. Finally, make an Act of Love to Jesus in the Eucharist.
- After some time of silent prayer, read from Scripture or another spiritual reading.  
*Scripture Ideas:* Jn 6:51-52, 56-57; Jn 10:10; Mt 26:26-28; Mk 14:22-24; Lk 22:19-20; 1 Cor 11:24-26, 11:27-29
- Make an Act of Adoration by spending some time in personal dialogue with the Lord, inspired by the words recently read. Feel free to speak with Him, opening your heart and mind to his presence.
- Freely offer your Petitions to Jesus.
- Finish with an Act of Thanksgiving for this moment of prayer.  
*Scripture Ideas:* Psalms: 92, 126, 136, 138, 144

### Ideas for Reading Material

If the idea of spending an entire hour in adoration is daunting, perhaps spending some of your time reading will make it seem less intimidating.

- *Visits to the Blessed Sacrament*, St. Alphonsus Liguori
- *Mystery of the Altar*, Kenneth J. Howell
- *The Practice of the Love of Jesus Christ*, St. Alphonsus Liguori
- *Manual for Eucharistic Adoration*, The Poor Clares of Perpetual Adoration
- *The Imitation of Christ*, Thomas à Kempis

### Adoration with Kids

There are many ways families can make weekly Adoration possible. Here are a few ideas:

- Sign-up for an adoration hour, and have parents switch off going each week. This gives each parent an hour of quiet prayer time every other week.
- With kids of all ages, a full hour of silent prayer may be too much to ask. Don't be afraid to start small (even five minutes is better than nothing), and as your child grows so will their attention span and ability to stay quiet. The important thing is to start!
- When bringing small children to adoration, bring a special bag that is only for adoration and Mass. Include quiet books about the Mass or prayer, or even coloring pages about saints.
- Stop by an Adoration Chapel with your kids while you're out running errands. Write Kendra Tierney recommends dividing 30 minutes by the size of your group:  $30 \text{ minutes} \div (\text{mom} + \text{four kids}) = \text{six minutes of adoration}$ .

### Adoration at Holy Name

We offer adoration at Holy Name between the 8:00 AM and 10:30 AM Masses every Sunday, as well as Thursdays from 8:30 AM to 9:00 PM. If you would like to sign up for a slot, please email Joni at [office@holynamedenver.org](mailto:office@holynamedenver.org).

### Perpetual Adoration Chapels around Denver

Most chapels require a code to enter, so please be sure to call their parish office to get the code and confirm the times it is open before going.

St. Mary, Littleton

St. Francis Cabrini, Littleton

Light of the World, Littleton

St. Thomas More, Centennial

Ave Maria, Parker

Our Lady of Loretto, Foxfield

Queen of Peace, Aurora

St. Joan of Arc, Arvada

Our Lady of Fatima, Lakewood

Blessed Sacrament, Denver

St. Catherine of Sienna, Denver