

Guided Holy Hour: Silence Before the Lord

This guide is intended to help you enter into silence and stillness before Jesus in the Eucharist.
Use it freely—move where the Holy Spirit leads.

Opening (5 minutes)

- Kneel before the Blessed Sacrament. Make the Sign of the Cross slowly and prayerfully.
- Pray: **'Lord, I am here for You. Teach me to be still in Your presence.'**
- Take a few deep breaths to settle your body and mind.

Lean In (15 minutes)

Read Scripture slowly (choose one for the night):

- Psalm 63:1–9 (My soul is thirsting for You)
- John 6:35–40 (Bread of Life)
- Matthew 11:28–30 (Come to Me, all you who labor)
- Luke 24:13–35 (The Road to Emmaus)

Read twice: Let a word/phrase stand out.

Reflect silently: What is God speaking to me?

Experience His Presence (20 minutes)

Sit in silence, gazing at the Eucharist.

- If distracted, return with a simple prayer word ('Jesus' or 'Abba').
- Pray the Jesus Prayer quietly: **'Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.'**

First 10 minutes: Offer gratitude for Christ's presence, family, and blessings.

Second 10 minutes: Rest in silence—be with Him.

Outward (15 minutes)

Pray silently for:

- Your family
- Our parish / Our ministries
- The wider Church and the world
- Think of someone you can share Christ with this week.
- Pray for boldness and gentleness.

Write your intentions in the notes space.

Closing (5 minutes)

- Pray the Our Father.
- Conclude: 'Lord, thank You for this time in Your presence. Strengthen us to live as people of faith.'
- Make the Sign of the Cross.

A psalm of David, when he was in the wilderness of Judah.

O God, you are my God— it is you I seek!

For you my body yearns; for you my soul thirsts, In a land parched, lifeless, and without water.

I look to you in the sanctuary to see your power and glory. For your love is better than life; my lips shall ever praise you!

I will bless you as long as I live; I will lift up my hands, calling on your name. My soul shall be sated as with choice food, with joyous lips my mouth shall praise you!

I think of you upon my bed, I remember you through the watches of the night You indeed are my savior, and in the shadow of your wings I shout for joy. My soul clings fast to you; your right hand upholds me.

Notes:

