

Adoration Holy Hour

7pm: Rosary Kneel

7:15pm Read Psalm 95 three times Be Seated

Pause between each reading; reflect on the words.

These are God's messages to us.

7:25pm: Look at the Eucharist Seated

Tell God what is on your mind

Thank God for all of his blessings

Apologize for your sins

7:35pm: Read the Daily Readings Seated

7:45pm: Look at the Eucharist Seated

Ask yourself three reflection questions from the list below.

Journal about these questions.

- When activities, people, & ideas make your life full?
- What fills your heart with joy?
- Who are the people you interact with every day that you can be more attentive to?
- How has the day been so far?
- What from today has been good or fruitful?
- What from today has been hard or painful?
- What happened that was surprising?
- How did you respond to each of these moments? Do you wish you would've responded differently?

7:58pm: Closing Prayers Kneel

Our Father

Hail Mary

Glory Be

8pm: Genuflect & Exit