



# Formative Parenting

*Cultivating Character in Children*

*A Ministry of the Sisters, Servants of the Immaculate Heart of Mary, Immaculata, Pennsylvania*

## HOLY HOUR – ACTS of Love

**Introductory Prayer** – Offer the hour. Say something like:

*Jesus, I pause from \_\_\_\_\_ to visit with you. I want to unwind and to relax with you. I want to quiet the noise of my busy life so that I can hear what you want to say to me today. I will probably need your help to still my soul. I know that only in quiet can I hear and express what my deepest self knows. I want to make myself available to you as my gift to you. And so I offer my time, my attention, and my respect. Speak to my heart. Let me hear your word for me today. Give me the grace to respond with a full heart.*

### Theme –ACTS of Love

Four prayer periods each with personal reflection, song, and a period of silence for private response.

#### I: A (ADORE)

- **Recognize God's greatness.** Use "I-You" language to express experiences that cause you to *regard with awe, praise, honor, worship, revere, admire, glorify, commend, value, and esteem* God.
- Sing a song of adoration, like *Praise the Lord, Ye Heavens Adore Him*, (Hymn to Joy).
- Quiet reflection

#### II: C (CONFESS)

- **Admit sins, faults and failings.** Use "I-You" language to *acknowledge, admit, reveal, own up to, disclose, divulge, and to express guilt or sorrow or shame.*
- Sing a song of confession like *Pardon Your People* by Carey Landry.
- Quiet reflection

#### III: T (THANK)

- **Express gratitude to God.** Use "I-You" language to *acknowledge kindness given, to show appreciation, and to recognize favors received.*
- Sing a song of gratitude like *For the Beauty of the Earth.*
- Quiet reflection

#### IV: S (SEEK)

- **Make known your needs to God.** Use "I-You" language to *ask, seek, search, beg, appeal, petition, invite or question.*
- Sing a song of desire/seeking like *This Alone*, Tim Manion
- Quiet reflection

**Conclusion** - A Spiritual Communion followed by the Glory be to the Father...

#### Spiritual Communion (Adapted from St. Alphonsus Liguori)

My Jesus, I believe – or want to believe – that You are really here in the Blessed Sacrament. I want to love You more than anything in the world and I hunger to be nourished by You. Though I cannot receive Eucharist at this moment, come into my soul at least spiritually. I unite myself to You now as I do when I actually receive You. Never let me drift away from You.

Glory be to the Father . . .

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