



# 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

### Concluding Prayer

- **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 . . .**

- **Ending Prayer from The Divine Praises**

May the heart of Jesus in the Most Blessed Sacrament be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles in the world, even to the end of time. Amen.