

ONE HOUR WITH JESUS

*A Simple Guide to
Eucharistic Adoration*



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DEDICATION

This little book is lovingly dedicated to Jesus Christ, truly present in the Most Holy Eucharist Body, Blood, Soul, and Divinity the silent Companion of every faithful heart. It is offered to all who hunger for God, to those who kneel with many words and to those who can only sit in silence; to the strong and to the the weary, to seekers, pilgrims, and wounded souls who desire only to be with Him.

May these pages help you keep watch with Jesus for one hour, not as a duty, but as a meeting of love; not as a performance, but as rest; not as many prayers, but as a deep gaze of faith.

If this book leads you to the altar, into stillness, trust, repentance, and quiet surrender, then it has fulfilled its purpose.

All glory to Jesus in the Eucharist.

INTRODUCTION

“Remain here and keep watch with Me.” (Mt 26:38)

Jesus is here.

Not as an idea.

Not as a memory.

Not as a symbol.

He is truly present waiting, loving, and inviting.

Eucharistic Adoration is not reserved for the perfect, the holy, or the well-prepared.

It is for the tired, the distracted, the wounded, and the searching.

It is for anyone willing to sit before Jesus and say, “Here I am.”

This book does not teach you how to speak beautifully to God. It teaches you how to stay.

One hour with Jesus can:
soften a hardened heart heal hidden wounds restore peace re-center a scattered life.

You do not need to feel anything.
You do not need to understand everything.
You only need to remain.

Jesus does the rest.

HOW TO USE THIS BOOK

You may follow it minute by minute,
or Move freely, returning to any
section as the Spirit leads

Do not rush.

Do not measure success.

Silence is not emptiness it is
presence.

Distraction is not failure return
gently.

Dryness is not rejection remain
faithfully.

Stay, He is enough.

THE HOLY HOUR WITH JESUS

OPENING PRAYER – REPENTANCE & SURRENDER (2 minutes)

Lord Jesus Christ,

I believe that You are truly present here in the Most Holy Eucharist.

I come before You just as I am with my faith and my weakness, my love and my sin, my hopes and my failures.

I am sorry, Lord, for the times I have forgotten You, for the moments I trusted myself more than You, for the love I withheld, and the grace I neglected.

Wash my heart.

Quiet my spirit.

I surrender this hour to You.

I do not come to impress you with words, but to place my life before You open, poor, and in need of mercy. Jesus, I give You permission to be Lord of this moment and Lord of my life. Jesus, I am here. Stay with me.

Amen.

I. ACT OF FAITH (5 MINUTES)

“My Lord and my God.” (Jn 20:28)

Jesus,
hidden under the appearance of bread,
I believe You are here.
I believe You see me.
I believe You know me.
I believe You love me.
Nothing in my life is invisible to You.
Nothing in my heart is too broken for You.
Like the saints before me,
I place myself before You
not because I am worthy,
but because You have invited me.

*(Remain in quiet faith as you gaze on Jesus
our Eucharist King.)*

II. ACT OF ADORATION (10 MINUTE)

*“Come, let us bow down in worship.
” (Ps 95:6)*

Jesus,

You are God made small for love of me.

Angels adore You.

Saints worship You.

Heaven bows before You.

And yet You remain here silent, humble,
waiting.

I adore You not for what You give, but for
who You are.

Take this hour.

Take my attention.

Take my heart.

(Silence)

III. LISTENING SILENCE (10 MINUTES)

Speak, Lord, for your servant is listening.” (1 Sam 3:10)

Jesus,

I do not rush this moment.

I let go of inner noise.

I release worries and plans.

I rest before You.

I do not force thoughts.

I do not demand feelings.

I allow You to look at me,
and I look at You.

(Remain in silence. If distracted, gently repeat: “Jesus, I trust You.”)

IV. HEART-TO-HEART WITH JESUS (15 MINUTES)

*Remain in me, as I remain in you.”
(Jn 15:4)*

Jesus,
here I place my life before You:
my family
my work
my wounds
my unanswered questions
my fears and hopes
I hide nothing from You.
I trust You with what I understand
and with what I do not.
Jesus, I surrender control.
Work in my heart as You desire.

(Gaze and speak to Him simply, as to a close friend....tell Jesus your challenges, fears...pray for others....)

V. PRAYER WITH THE SAINTS (5 MINUTES)

St. Alphonsus Liguori:

“Of all devotions, that of adoring Jesus in the Blessed Sacrament is the greatest after the sacraments.”

Jesus, teach me to love You as the saints loved You with faith, humility, and perseverance.

Like St. Thérèse,
I offer You my littleness.
Like St. John Vianney,
I remain before You
because You are here.
Let my life be shaped
by what I adore.

VI. THANKSGIVING (8 MINUTES)

“Give thanks to the Lord, for He is good.” (Ps 136:1)

Jesus, thank You:

for Your presence

for Your patience

for Your hidden love

for remaining with us day and night

Even if I felt nothing,

I thank You.

Even if I was distracted,

I thank You.

Because You were here and that is enough.

CLOSING PRAYER (5 MINUTES)

Remain gazing at Jesus in the Eucharist for three minutes then say the prayer below:

Jesus in the Eucharist,
I rise from this place,
but I do not leave Your presence.

Let this hour shape my thoughts,
my words
my choices,
my love for others.

May what I received in silence
bear fruit in my life.

Remain with me, Lord.

Amen.

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