



25 Ways to Spend an Hour with Jesus

1. Slowly read Scripture until something hits you. Then listen.
2. Enjoy just being in His Presence.
3. Speak about your loved ones.
4. Talk with Him about work.
5. Let God look at you.
6. Pray for an enemy.
7. Say a Rosary.
8. Pray for vocations.
9. Pray for the world.
10. Say the Creed slowly.
11. Promise to trust Him.
12. Say one Hail Mary slowly.
13. Say one Our Father slowly.
14. Slowly recite the Beatitudes.
15. Thank Him for the Sacraments.
16. Sing a song for Him in your heart.
17. Renew your loyalty to the Church.
18. Ask Him to show you the next step.
19. Lean on Him. Tell Him you love Him.
20. Tell Him what angers you. Then listen.
21. Tell Him what you are afraid of. Then listen.
22. Tell Him your failures. Ask for help. Then listen.
23. Look at yourself. Count your gifts. Then thank Him.
24. Tell Him something that made you happy. Then listen.
25. Imagine Mary sitting next to you and praying with you.