

Guidelines for a Holy Hour

WELCOME CONFIRMATION YEAR 2 STUDENTS!

It gives us great joy to know you have decided to come and spend time with Our Lord in the Blessed Sacrament.

Please keep in mind the structure of your SPIRITUAL HOUR. Make sure you have all material necessary for the hour.

Reminder: You will only be credited for 1 hour per day. However, you are most welcome to stay longer than the allotted time.

BREAKDOWN OF THE HOUR: ⌚

1. → **Pray the Rosary** (15 min) 🙏
2. → **Read “I Thirst for You”** (15 min) 📖
3. → **Read the Scripture Passages “Matthew 27:27-44 and Mathew 5:1-12”** (20 min) 📖
4. → **Keep Silence** (5 min) 😊
5. → **Write your Personal Reflection** (5 min) ✍️
Provide at least 5 sentences of your experience during this hour. Make sure that at the top right corner of your paper you provide us with: Your Name, Your Teacher, the Date.

I THIRST FOR YOU.

“Behold, I stand at the door and knock...” (Rev. 3,20)

It is true. I stand at the door of your heart, day and night. Even when you are not listening, even when you doubt it could be Me, I am there: waiting for even the smallest signal of your response, even the smallest suggestion of an invitation that will permit Me to enter.

I want you to know that each time you invite Me, I do come always, without fail. Silent and invisible I come, yet with a power and a love most infinite, bringing the many gifts of My Spirit. I come with My mercy, with My desire to forgive and heal you, with a love for you that goes beyond your comprehension. A love in each detail, so grand like the love I have received from My Father *“I have loved all of you as the Father has loved me...” John 15:10*

I come longing to console you and give you strength, to lift you up and bind all your wounds. I bring you My light, to dispel your darkness and all your doubts. I come with My power, that allows me to carry you: with My grace, to touch your heart and transform your life. I come with My peace, to calm your soul.

I know you like the palm of my hand. I know everything about you. Even the hairs of your head I have counted. Nothing in your life is unimportant to Me. I have followed you through the years and I have always loved you even when you have strayed. I know every one of your problems. I know your needs and your worries and yes, I know all your sins. But I tell you again that I love you, not for what you have or ceased to do, I love you for you, for the beauty and the dignity My Father gave you by creating you in His own image. It is a dignity you have often forgotten, a beauty you have tarnished by sin. But I love you as you are, and I have shed My Blood to rescue you.

If you only ask Me with faith, My grace will touch all that needs changing in your life: I will give you the strength to free yourself from sin and from all its destructive power. I know what is in your heart, I know your loneliness and all your wounds, the rejections, the judgments, the humiliations, I carried it all before you. And I carried it all for you, so you could share My strength and My victory. I know, above all, your need for love, how much you are thirsting for love and tenderness. Yet, how many times have you desired to satisfy your thirst in vain, seeking that love with selfishness, trying to fill the void within you with passing pleasures, with the even greater emptiness of sin.

Do you thirst for love?

“Come to Me all you who thirst ...” (*John 7:37*). I will satisfy you and fill you.

Do you thirst to be loved?

I love you more than you can imagine ... to the point of dying on a cross for you.

I THIRST FOR YOU. Yes, that is the only way to even begin to describe My love for you.

I THIRST FOR YOU. I thirst to love you and to be loved by you. So precious are you to Me that **I THIRST FOR YOU.** Come to Me, and I will fill your heart and heal your wounds. I will make you a new creation and give you peace even in your trials. **I THIRST FOR YOU.**

You must never doubt My mercy, My desire to forgive, My longing to bless you and live My life in you, and that I accept you no matter what you have done. **I THIRST FOR YOU.**

If you feel of little value before the eyes of the world, it doesn't matter. There is no one that interests me in the whole world than you. **I THIRST FOR YOU.**

Open up to Me, come to Me, thirst for Me, give me your life. I will prove to you how important you are for My Heart.

Don't you realize that My Father already has a perfect plan to transform your life, beginning from this moment? Trust in Me. Ask Me every day to enter and take charge of your life and I will. I promise you before My Father in Heaven that I will work miracles in your life. Why would I do this? Because **I THIRST FOR YOU.**

All I ask of you is that you entrust yourself to Me completely. I will do all the rest. From this moment, now, I behold the place My Father has prepared for you in My Kingdom. Remember that you are a pilgrim in this life traveling back home.

Sin can never satisfy you, or bring the peace you seek. All that you have sought outside of Me has only left you more empty, so do not tie yourself to the things of this world; above all, do not run from Me when you fall. Come to Me without delay because, when you give Me your sins, you give Me the joy of being your Savior.

There is nothing I cannot forgive and heal; so come now, and unburden your soul.

No matter how far you have strayed without a destination, no matter how often you have forgotten Me, no matter how many crosses you bear in this life; I want you to always remember, one thing that will never change. **I THIRST FOR YOU** – just you, as you are.

You don't need to change to believe in My love, for it will be your confidence in that love that will make you change. You forget Me, and yet I am seeking you every moment of the day – standing before the doors of your heart and calling.

Do you find this difficult to believe? If so, look at the Cross, look at My Heart that was pierced for you. Have you not understood My Cross? Then listen again to the words I spoke there, for they tell you clearly why I endured all this for you: “**...I THIRST**” (*John 19: 28*)

YES, I THIRST FOR YOU.

As the rest of the psalm, I was praying says of Me: “... I waited uselessly for compassion, I waited for someone to console me and I did not find it.” (*Psalms 69: 20*).

All your life I have been desiring your love. I’ve never ceased searching for your love and longing to be loved by you in return. You have tried many things in your goal to be happy. Why not try opening up for Me your heart, right now, more than you ever have before?

When you finally open the doors of your heart and you finally come close enough, you will then hear Me say again and again, not in mere human words but in spirit: “No matter what you have done, I love you for your own sake. Come to Me with your misery and your sins, with your problems and needs, and with all your desire to be loved.

I stand at the door of your heart and call...

Open to Me, for I THIRST FOR YOU...”

(Meditation based on the spiritual teachings of St Teresa of Calcutta).

*“Jesus is God, therefore His Love and His Thirst are infinite. He, the Creator of the universe, asked for the love of his creatures. He has thirst for our love ... These words: “**I THIRST**” ... Do they echo in our soul?*

SCRIPTURE PASSAGE

Mockery by the Soldiers.

27Then the soldiers of the governor took Jesus inside the praetorium and gathered the whole cohort around him. 28They stripped off his clothes and threw a scarlet military cloak about him. 29Weaving a crown out of thorns, they placed it on his head, and a reed in his right hand. And kneeling before him, they mocked him, saying, “Hail, King of the Jews!” 30They spat upon him and took the reed and kept striking him on the head. 31And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him.

The Way of the Cross.

32As they were going out, they met a Cyrenian named Simon; this man they pressed into service to carry his cross.

The Crucifixion.

33And when they came to a place called Golgotha (which means Place of the Skull), 34they gave Jesus wine to drink mixed with gall. But when he had tasted it, he refused to drink. 35After they had crucified him, they divided his garments by casting lots; 36then they sat down and kept watch over him there. 37And they placed over his head the written charge against him: This is Jesus, the King of the Jews. 38Two revolutionaries* were crucified with him, one on his right and the other on his left. 39Those passing by reviled him, shaking their heads 40and saying, “You who would destroy the temple and rebuild it in three days, save yourself, if you are the Son of God, [and] come down from the cross!” 41Likewise the chief priests with the scribes and elders mocked him and said, 42“He saved others; he cannot save himself. So he is the king of Israel!* Let him come down from the cross now, and we will believe in him. 43He trusted in God; let him deliver him now if he wants him. For he said, ‘I am the Son of God.’” 44The revolutionaries who were crucified with him also kept abusing him in the same way.

Jesus is crucified. The soldiers mock him; Jesus needs help in carrying his cross. Two thieves are also crucified with Jesus.

Reflect: How do you deal with mockery? Are you ever guilty of it? Do people have to accept all physical pain, or is it all right to lessen pain through drugs? Why did Jesus not come down from the cross?

Pray: When you have pain, pray. Know that you are not alone.

Act: Avoid mocking other people. Ultimately it makes you look bad.

SCRIPTURE PASSAGE

The Sermon on the Mount.

1When he saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. 2He began to teach them, saying:

THE BEATITUDES

3“Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

4Blessed are they who mourn,
for they will be comforted.

5Blessed are the meek,
for they will inherit the land.

6Blessed are they who hunger and thirst for
righteousness,
for they will be satisfied.

7Blessed are the merciful,
for they will be shown mercy.

8Blessed are the clean of heart,
for they will see God.

9Blessed are the peacemakers,
for they will be called children of God.

10Blessed are they who are persecuted for the sake of
righteousness,
for theirs is the kingdom of heaven.

11Blessed are you when they insult you and persecute
you and utter every kind of evil against you [falsely] because of me.

12Rejoice and be glad,
for your reward will be great in heaven.

Thus they persecuted the prophets who were before you.

The beatitudes are well known. They refer to qualities that make for a happier life and that are part of everyone’s experience.

Reflect: The Greek word translated “blessed” can also mean “happy.” Jesus offers some helpful guides for happiness. The first three beatitudes and the final beatitude call for a person to be receptive in a time of need. The central beatitudes challenge the faithful to action. Think about the beatitudes you already practice.

Pray: Identify one beatitude that you need to have in your life. Pray that the Holy Spirit may help you with this.

Act: Beatitudes are meant to be lived. Act on the one you have prayed for.

