



A Spiritual Practice for Summertime

With school pressures suspended for summer consider cultivating the practice of visiting Jesus in the Blessed Sacrament once a week. There is no official way of making a Eucharistic visit. Pope Francis suggested that we merely sit with our eyes focused on the Monstrance and be aware that Jesus is looking back at us, exactly as we are, already knowing everything about us – and loving us. Gazing can be a prayer.

This newsletter explains one practice that helps some people – the **A-C-T-S of Love Prayer**. Adults usually make a “Holy Hour.” Adapt the following to shorter sessions for children.

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.

A-C-T-S OF LOVE (Adore-Confess-Thank-Seek)

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| <p style="text-align: center;">A (ADORE)</p> <ul style="list-style-type: none"> • Recognize God’s greatness. Use “I-You” language to express experiences that cause you to <i>regard with awe, praise, honor, worship, revere, admire, glorify, commend, value, and esteem God.</i> • Within your heart sing a song of adoration, like <i>Praise the Lord, Ye Heavens, How Great Thou Art, All You Works of God . . .</i> | <p style="text-align: center;">C (CONFESS)</p> <ul style="list-style-type: none"> • Admit sins, faults and failings. Use “I-You” language to <i>acknowledge, admit, reveal, own up to, disclose, divulge, to express guilt or sorrow or shame.</i> • Within your heart sing a song of confession like <i>Pardon Your People, Loving and Forgiving, Save Your People . . .</i> |
| <p style="text-align: center;">T (THANK)</p> <ul style="list-style-type: none"> • Express gratitude to God. Use “I-You” language to <i>acknowledge kindness given, to show appreciation, and to recognize favors received.</i> • Within your heart sing a song of gratitude like <i>For the Beauty of the Earth, Give Thanks to the Lord, We Give You Thanks . . .</i> | <p style="text-align: center;">S (SEEK)</p> <ul style="list-style-type: none"> • Make known your needs to God. Use “I-You” language to <i>ask, seek, search, beg, appeal, petition, invite or question.</i> • Within your heart sing a song of desire/seeking like <i>This Alone, God of Second Chances, Servant Song . . .</i> |

Conclusion --- **A Spiritual Communion** (Adapted from St. Alphonsus Liguori) **followed by the Glory Be.**

My Jesus, I believe – or I 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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