

The Hour that Makes My Day And, Hopefully, Yours Too!

Daily Holy Hour before Jesus

By: Daniel P. McGivern

“The purpose of the Holy Hour is to encourage deep personal encounter with Christ. The holy and glorious God is constantly inviting us to come to Him, to converse with Him, to ask for things we need and to experience what a blessing there is in fellowship with Him”

- Archbishop Fulton J. Sheen



Jesus Christ, truly present in the tabernacles of the Catholic Church all over the world, awaits you and me every day.

Next to the Mass, the greatest practice a person can acquire is a daily Holy Hour before Jesus, whose Body, Blood, Soul and Divinity are present in every consecrated Host retained in the tabernacle.

The Holy Hour is a time to petition Jesus in prayer, to converse with Him, and especially to adore Him.

There is no set format to the Holy Hour. Each person decides how he or she will spend it before the Lord. You can read, pray, converse, meditate, think and open your mind and heart — waiting for Jesus to speak to the deepest recesses of your heart.

I don't know how I would exist without the Holy Hour. It's the hour that makes my day, the most indispensable part of my day with the mass.

The man who brought me to start the Holy Hour was the great Archbishop Fulton J. Sheen, through one of his audio tapes. The future bishop was inspired one day, while praying, walking up and down the sidewalk in front of the church, to start spending a personal Holy Hour every day before Jesus in the tabernacle.

Bishop Sheen kept that daily Holy Hour, including on all days he was traveling in countries far from home, a most difficult thing to do.

He advocated the Holy Hour far and wide. For Protestants he advised an hour every day with the Holy Bible.

When Jesus Christ went to the Garden of Gethsemane — on the last night of His life — He took three of the Apostles with Him to the garden. But they fell asleep, while He sweated blood as He prayed on His knees to the Father. He returned to find the Apostles sleeping. He asked, "Could you Not watch one hour with Me?" Can we not find one hour a day to be with Jesus? It is easy! It is a matter of priorities. If you already attend daily Mass, which usually lasts from 20 to 30 minutes, could you not spend the rest of the hour — if not another full hour — before Jesus in the tabernacle? He awaits you and me.

The great, saintly Bishop Sheen sometimes found it very difficult to keep his personal Holy Hour. But he did — no matter what. Only very serious illness stopped him from going to church.

The blessings and great help from Christ which are received, as a result of the Holy Hour, is something to which I can personally attest.

I don't see how anyone who spends a Holy Hour every day of his life could ever be lost; and when you die, I believe, Jesus will welcome you to heaven and thank you for that hour. You kept Him company; now He will keep you company for all eternity.

Bishop Sheen died as he lived, spending his last moments on earth before Jesus in the Blessed Sacrament. He died in his chapel, after suffering a fatal heart attack.

Frequently, Bishop Sheen had spoken of his imminent death to his friends, some of whom were upset to hear him talk about it. But he said, "It is not that I do not love life; I do. It is just that I want to see the Lord. I have spent hours before Him in the Blessed Sacrament. I

have spoken to Him in prayer, and about Him to everyone who would listen, and now I want to see Him face to face.”

Bishop Sheen was also very, very close to the Blessed Virgin Mary, whom he called, “The Woman I Love” in the chapter on Mary in his autobiography, *Treasure In Clay*. One of the most brilliant, insightful paragraphs ever written on Mary is in this chapter.

It reads as follows:

“God Who made the sun also made the moon. The moon does not take away from the brilliance of the sun. The moon would be only a burned-out cinder floating in the immensity of space, were it not for the sun. All its light is reflected from that glowing furnace. In like manner, Mary reflects her Divine Son, without Whom she is nothing. On dark nights we are grateful for the moon; when we see it shining, we know there must be a sun. So, in this dark of the world, when men turned their backs on Him Who is the Light of the world, we look to Mary to guide our feet while we await the sunrise.”

Treasure in Clay, Bishop Sheen’s autobiography, has been reprinted by Ignatius Press and is widely available now.

No one did more for the Holy Hour than Bishop Sheen, the 20th century’s greatest radio and television evangelist for Christ and His Church. Pope John Paul II spoke privately to Bishop Sheen for a few moments in St. Patrick’s Cathedral in New York just two months before Bishop Sheen’s death in 1979. When asked what the Pope said, Bishop Sheen related, “He told me that I had written and spoken well of the Lord Jesus, and that I was a loyal son of the Church.”

The legacy in Heaven of this priest who will someday, if God wills it, be declared a saint, is now and always will be the number of people brought to Jesus and His Church.

Won’t you join Jesus, in church before the Blessed Sacrament, His Body, Blood, Soul, and Divinity, every day, for the most beautiful hour in your day?
