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**A Holy Hour with Jesus and Mary**

The National Shrine of Our Lady of Mount Carmel

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*Begin with the sign of the cross.*

In the name of the Father and of the Son and of the Holy Spirit. Amen

*Spend a few moments recollecting yourself. Control your breathing.*

*Recognize God's presence.*

*Be present to God.*

*For a Holy Hour, spend about 7-10 minutes with each of the following readings:*

***1<sup>st</sup> Reading:*** *A reading from the Holy Gospel according to Luke (Luke 1:26-38)*

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin's name was Mary. And coming to her, he said, "Hail, favored one! The Lord is with you." But she was greatly troubled at what was said and pondered what sort of greeting this might be. Then the angel said to her, "Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end." But Mary said to the angel, "How can this be, since I have no relations with a man?" And the angel said to her in reply, "The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." Then the angel departed from her.

*Sit with the reading:*

*Hear the greeting of the Angel with Our Lady, "The Lord is with you... Do not be afraid."*

*(Silence)*

*Recognize God with you.*

*Adore His majesty.*

*(Silence)*

*Recognize your littleness before Him.*

*Humble yourself before Him.*

*(Silence)*

*Recognize His love for you.*

*Share in the joy of the Lord who looks upon His beloved.*

*(Silence)*

*Give Him everything you are carrying, trusting in His love for you.*

*Say with Mary, "I am the handmaid of the Lord."*

*Sit with the Lord for a moment. (Silence)*

**2<sup>nd</sup> Reading:** *A reading from the Holy Gospel according to Luke (Luke 2:41-52)*

Each year his parents went to Jerusalem for the feast of Passover, and when he was twelve years old, they went up according to festival custom. After they had completed its days, as they were returning, the boy Jesus remained behind in Jerusalem, but his parents did not know it. Thinking that he was in the caravan, they journeyed for a day and looked for him among their relatives and acquaintances, but not finding him, they returned to Jerusalem to look for him. After three days they found him in the temple, sitting in the midst of the teachers, listening to them and asking them questions, and all who heard him were astounded at his understanding and his answers. When his parents saw him, they were astonished, and his mother said to him, "Son, why have you done this to us? Your father and I have been looking for you with great anxiety." And he said to them, "Why were you looking for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. He went down with them and came to Nazareth, and was obedient to them; and his mother kept all these things in her heart. And Jesus advanced [in] wisdom and age and favor before God and man.

*Sit with the reading:*

*Do you ever feel like Jesus is lost to you?*

*Are there areas in your life, situations you face in which Jesus seems absent?*

*Search with Mary for Him.*

*(Silence)*

*Return to the temple within you where Jesus dwells with His Father and the Holy Spirit.*

*Hear Jesus' words, "Why were you looking for me?"*

*(Silence)*

*Talk to Jesus about your anxieties.*

*(Silence)*

*Recognize that Jesus is listening to you. (Silence)*

**3<sup>rd</sup> Reading:** *A reading from the Holy Gospel according to John (John 2:1-12)*

On the third day there was a wedding in Cana in Galilee, and the mother of Jesus was there. Jesus and his disciples were also invited to the wedding. When the wine ran short, the mother of Jesus said to him, "They have no wine." [And] Jesus said to her, "Woman, how does your concern affect me? My hour has not yet come." His mother said to the servers, "Do whatever he tells you." Now there were six stone water jars there for Jewish ceremonial washings, each holding twenty to thirty gallons. Jesus told them, "Fill the jars with water." So they filled them to the brim. Then he told them, "Draw some out now and take it to the headwaiter." So they took it. And when the headwaiter tasted the water that had become wine, without knowing where it came from (although the servers who had drawn the water knew), the headwaiter called the bridegroom and said to him, "Everyone serves good wine first, and then when people have drunk freely, an inferior one; but you have kept the good wine until now." Jesus did this as the beginning of his signs in Cana in Galilee and so revealed his glory, and his disciples began to believe in him.

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After this, he and his mother, [his] brothers, and his disciples went down to Capernaum and stayed there only a few days.

*Sit with the reading:*

*See with the eyes of Mary.*

*What are the needs of the other?*

*Of your family? Your friends? The stranger? Your neighbor? Your country? The world?*

*(Silence)*

*Go with Mary as she takes these concerns to Jesus.*

*(Silence)*

*Hear the words of Mary, "Do whatever he tells you."*

*What is Jesus telling you to do? (Silence)*

**4<sup>th</sup> Reading:** *A reading from the Holy Gospel according to John (John 19:25-27)*

Standing by the cross of Jesus were his mother and his mother's sister, Mary the wife of Clopas, and Mary of Magdala. When Jesus saw his mother and the disciple there whom he loved, he said to his mother, "Woman, behold, your son." Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

*Sit with the reading:*

*Stand at the foot of the cross with Mary and look upon Jesus crucified.*

*Recognize all that He suffered and endured for you.*

*(Silence)*

*Repent for the times you fell short... The times you spat upon Him, shouted, "Crucify Him", scourged Him, mocked Him, nailed Him to the cross!*

*(Silence)*

*See Jesus' loving gaze toward you from the cross.*

*(Silence)*

*Hear Jesus say, "Father, forgive them."*

*(Silence)*

*Hear Jesus say, "Woman, behold your child."*

*(Silence)*

*Feel the embrace of Our Lady.*

*(Silence)*

*Feel the embrace of the Father. (Silence)*

**5<sup>th</sup> Reading:** *A reading from the Holy Gospel according to John (John 20:19-22)*

On the evening of that first day of the week, when the doors were locked, where the disciples were, for fear of the Jews, Jesus came and stood in their midst and said to them, "Peace be with you." When he had said this, he showed them his hands and his side. The disciples rejoiced when they saw the Lord. [Jesus] said to them again, "Peace be with you. As the Father

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has sent me, so I send you.” And when he had said this, he breathed on them and said to them, “Receive the holy Spirit.”

*Sit with the reading:*

*Recognize the presence of the resurrected Jesus.*

*Hear Jesus say, “Peace be with you... Receive the holy Spirit.”*

*(Silence)*

*Thank Jesus for the gift of the Holy Spirit.*

*(Silence)*

*Thank Jesus for all His blessings.*

*(Silence)*

*Thank Jesus for this time with Him. (Silence)*

*In conclusion, sing the praises of God with Mary (Luke 1:46-55):*

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.  
He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.  
He has come to the help of his servant Israel  
for he remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.

*Pray the Glory be.*

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now,  
and ever shall be, world without end. Amen.

*End with the sign of the cross.*

In the name of the Father and of the Son and of the Holy Spirit. Amen

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