




How You Can Spend A Day With JESUS



PLACES YOU CAN VISIT

Church | Visiting the identified Space for prayer | Adoration Chapel | Pilgrimage to a Shrine/Grotto | Visiting the sick | Orphanage Visit



VARIOUS SPIRITUAL ACTIVITIES

Holy Mass | Confession | Adoration | Spiritual Reading | Bible Reading | Bible Study | Rosary | Divine Mercy | Way of the Cross | Litiny of Saints and Eucharist

12 HRS : SUGGESTED TIME-TABLE

- 6.30 am:** Holy Mass + Confession
- 8.00 am:** Breakfast
- 8.30 am:** Psalm 84
- 9.00 am:** Personal Prayer (Can use the JY Daily prayer as a model)
- 9.45 am:** Rosary (meditating deeply on each decade. Praying for JY and your family)
- 10.15 am:** JY Prayer - Praying with the Saints
- 11.00 am:** Personal Thanksgiving - Psalm 107
- 11.30 am:** Bible study (Readings of the day and meditation)
- 12.30 pm:** Lunch /Break
- 1.00 pm:** Spiritual Reading
- 2.00 pm:** Reflection on Imitation of Christ/Spiritual reading
- 3.00 pm:** Divine Mercy Chaplet and Intercession (Praying for the intentions of the Church)
- 3.30 pm:** Way of the cross (Praying for your Spiritual Renewal)
- 4.00 pm:** Tea Break
- 4.30 pm:** Litany of the Eucharist/ Reading the Gospel of Luke Chapters 1-5
- 5.00 pm:** Adoration (Praise and worship & Thanksgiving - Psalm 118)
- 6.00 pm:** Good bye

HALF DAY WITH THE LORD : 6 HRS

Spend 6 hrs with your Lord. Here is a suggested time-table

- 6.30 am:** Holy Mass + Confession
- 8.00 am:** Breakfast
- 8.30 am:** Psalm 84
- 9.00 am:** Personal Prayer (Can use the JY Daily prayer as a model)
- 9.45 am:** Rosary (meditating deeply on each decade. Praying for the Personal intentions/family)
- 10.15 am:** Litany of saints
- 10.45 am:** Bible study (Reading of the day)
- 11.15 pm:** Way of the Cross - Interceding for JY movement
- 11:45 pm:** Adoration (Praise and worship & Thanksgiving – Psalm 118)
- 12:30 pm:** Good bye

HOLY HOUR WITH THE LORD

H00-05 **Begin**

First 5 Minutes: Ask the Holy Spirit to help you, then make acts of faith, hope, and charity. Tell God how you believe, trust, and love him. Ask for more faith, hope, and love.

05-15 **Adoration**

Next 10 Minutes: Adore God. He holds the universe like a seed in the palm of his hand. He is all powerful, all good, more beautiful than we can imagine, and more real than the small things that we grasp so easily. Imagine Christ sitting with you.

Tell him: “Oh my God, I adore your divine greatness from the depths of my littleness; you are so great, and I am so small.” or “Glory be ...” Repeat as long as necessary.

Quick Tip: Scripture reading helps in adoration—Exodus 33:18-23; Song of Songs 2:8-17; Matthew 2:1-11; John 1:1-18; Colossians 1:15-20; Philippians, 2:6-11.

15-25 **Contrition**

Next 10 Minutes: Offer reparation. It’s not your love for God, but his for you that saves. Examine your conscience. Offer reparation for the sins of the world. Pray: “Oh my Jesus, I am so sorry. Forgive me.” (Imagine Jesus on the cross; kiss each wound.)

Quick tip: Scriptures for contrition—1 Corinthians 13:4-7; Colossians 3:5-10; 1 Timothy 1:12-17; James 3:2-12; 1 John 1:5-2:6; Penitential Psalms: 6, 32, 38, 51, 102, 130, 142.

25-40

Meditation

Next 15 Minutes:

Contemplate God’s action. You may wish to meditatively pray the Stations of the Cross or a Rosary. Or:

Scriptural meditation. Read a brief Gospel passage. Imagine the scene. Notice Christ’s reactions. Think of three ways the passage applies to your own life. Meditate on each line.

Doctrinal meditation. Read Scripture. Appreciate God’s plan and find ways it applies to you.

Life meditation. Or, deepening your examination of conscience, look at your own life. Which kind of pride do you most fall into? Selfishness (valuing yourself most), Vanity (valuing others opinions most), Sensuality (valuing comforts most). Pray for the opposite virtues: Charity (serving others first), Fidelity (putting Christ’s opinion first), Discipline (accepting your crosses).

40-50

Thanksgiving

Next 10 Minutes:

Express gratitude for all God’s gifts. He didn’t just create you, he sustains your existence out of love in every moment.

Thank him for literally everything, and be specific: food, shelter, clothing, health, family, friends, teachers, coworkers, home, and most of all spiritual gifts – faith, hope, love, this time of prayer, the Catholic faith, the disciples who reached you.

Thank God for answers to prayer. Thank him for crosses. Thank him for creating you and caring so much for you that he died for you.

Quick tip: Scriptures for thanksgiving – Genesis 1; Genesis 8:15-22; Job 1:13-22; Daniel 3:46 ff.; Matthew 6:25-34; Luke 17:11-19; Psalms: 8, 65, 66, 100, 111.

50-55

Petition God for the Church

Next 5 Minutes:

Ask God for what you and others need. He is the king of the universe. He’s in control, even when it isn’t obvious.

Pray for: the intentions for the Church.

55-1:00

Resolution

Final 5 Minutes:

Make a resolution to act on a light of the Holy Spirit you received: something doable and checkable.

Ask the Blessed Mother to help you.

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