

**Spirit & Truth is Eucharistic Adoration, Catholic Church Teachings, Traditions, Scripture Study and Socials for Young Adults.**  
**“Spreading the Truth of Christ in the grace of the Holy Spirit.”**



Holy Hour Gift

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Holy Hour Gift

“May the God of hope fill you with all joy and peace in believing so that you may abound in hope by the power of the Holy Spirit.”  
Romans 15:13

I offered my holy hour for you today.

To \_\_\_\_\_

Date \_\_\_\_\_

From \_\_\_\_\_

I prayed that Jesus would meet all your needs.

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