

250 Hours of Adoration



United States
Conference of
Catholic Bishops



250 Hours of Adoration during the 250th Anniversary of America

As the United States of America commemorates the 250th anniversary of the signing of the Declaration of Independence in 2026, the U.S. bishops will consecrate the country to the Sacred Heart of Jesus. All Catholics are encouraged to join the bishops in praying for the unity and healing of our country.

One opportunity for parishes and individuals to participate is by contributing to a collective **250 Hours of Adoration and 250 Works of Mercy**. This resource provides examples for 250 Hours of Adoration, and guidance for 250 Hours of Mercy is on the reverse side of this resource.

In his encyclical, *Dilexit nos*, Pope Francis instructs us to “nourish our lives with the strength of the Eucharist” in Holy Communion and Adoration, so that we might understand Christ’s love for all more deeply and live out this love ourselves. Our contemplation of the Sacred Heart leads us deeper into the mystery of our salvation and deeper into our love for Christ found in the faces of our sisters and brothers—especially those most in need.

How to Participate

Parishes can participate in 250 hours of adoration together by offering a Holy Hour on a weekly or monthly basis leading up to the July 4 anniversary. Parishes and communities can decide how best to set up their holy hours, continue current practices, or invite new people to join. While 250 hours seems like a lot, each person present constitutes an hour prayed. Parishes and communities can also consider how to incorporate both the 250 Works of Mercy alongside the 250 Hours of Adoration. Afterwards, [report your community’s participation here.](#)

Resources for Holy Hour include:

- [Holy Hour for Life](#)
- [Holy Hour for Peace](#)
- [Holy Hour for Life, Marriage, and Religious Liberty](#)
- [Holy Hour for Vocations](#)
- [Holy Hour Against Racism](#)
- [Sacred Heart Holy Hour](#)



Consider hosting a holy hour or series of holy hours at your parish using the templates provided above. You may have other ways to invite members of your community to spend some time in prayer for our country with Jesus truly present in the Blessed Sacrament. To prepare for the Consecration of the United States to the Sacred Heart, parishes can also incorporate the [Litany of the Sacred Heart of Jesus](#) into their Holy Hour.

Additional resources to support prayer for healing and unity during the 250th Anniversary include podcasts, prayers, and reflections at usccb.org/weholdthesetruths.