

| Example format for a Holy Hour using the <i>Adoration for the New Springtime</i> album | | |
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| Gathering | Track 1 – Face to Face | 3 min 44 sec |
| Exposition | Track 2 – O Salutaris | 2 min 24 sec |
| Invitation to Adore | Track 3 – Come Into His Heart / O Come Let Us Adore Him | 5 min 10 sec |
| Silent Adoration | Pause CD | 5 minutes |
| Centering Prayer | Track 4 – Open to the Holy Spirit | 4 min 46 sec |
| Invitation to Listen to God’s Voice | Track 5 – In Quiet Stillness | 2 min 38 sec |
| Silent Adoration | Pause CD | 5 minutes |
| Reminder of God’s Love for Us | Track 6 – Take My Hand | 3 min 44 sec |
| Our Response to God’s Love for Us | Track 7 – Lover of My Soul | 4 min 30 sec |
| Silent Adoration | Pause CD | 5 minutes |
| Re-commitment of Our Lives to God | Track 8 – My Lord and My God | 4 min 24 sec |
| Benediction | Track 9 – Tantum Ergo | 2 min 52 sec |
| Eucharistic Blessing | Pause CD | 3 minutes |
| Divine Praises | Track 10 – The Divine Praises | 3 min 25 sec |
| Reposition and Recessional | Track 11 – Holy God We Praise Your Great Name | 4 min 10 sec |
| Total time: | | 60 minutes |