

HOLY HOUR PRAYERS

HIDDEN GOD

(Adoro te devote)

Hidden God, devoutly I adore you,
Truly present underneath these veils:
All my heart subdues itself before you,
Since it all before you faints and fails.

Not to sight, or taste, or touch be credit,
Hearing only do we trust secure;
I believe, for God the Son has said it -- Word
of Truth that ever shall endure.

Contemplating, Lord, Your hidden presence,
Grant me what I thirst for and implore,
In the revelation of Your essence
To behold Your glory evermore.
(Partial indulgence)

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.
(Partial indulgence)

The following prayers may be recited aloud by a group or silently by individuals. When recited as a group, pause in unison at the commas and periods.

When used individually, prayers may be used in any order of sequence.

OPENING PRAYER

Jesus, my Lord and God, I bow down in humble adoration before You. From the depths of that humility, I raise my eyes to You and, in humble supplication to Your Sacred Heart, implore Your mercy and forgiveness for my many sins. Give me the grace to spend this hour of loving reparation with all the holy dispositions You desire.

Enter into my heart Yourself, dearest Lord, and work your pleasure in it; directing all my faculties, senses and powers to Your greater honor and glory. Help me to console You for all the wrongdoings Your loving Heart receives from an ungrateful mankind.

Mary, dearest Mother, and you, great St. Joseph, lend me all the love of your hearts and the love of all the angels and saints with which to love Jesus more and more.

Teach me to pray, to love, to make reparation and to adore the loving Heart of Jesus -- so often abandoned -- hidden in the Most Holy Sacrament of the altar.

Amen.

PRAYER FOR A VISIT TO THE BLESSED SACRAMENT

by Saint Alphonsus de Liguori

My Lord Jesus Christ, Who for the love which You bear to men, remain night and day in this Sacrament full of compassion and of love, waiting, calling and welcoming all who come to visit You; I believe that You are truly present in the Sacrament of the altar.

I adore You humbly, and I thank You for all the graces which You have bestowed upon me; in particular for having given me Yourself in this Sacrament, for having given me Your most holy Mother Mary as my mediatrix and for having called me to visit You in this church.

I salute Your most loving Heart, and this for three purposes: first, in thanksgiving for this great gift; secondly, to make amends to You for all the outrages which You receive in this Sacrament from all Your enemies; thirdly, to adore You, by this visit, in all the places on earth in which You are present in this Sacrament and in which You are least revered and most abandoned.

My Jesus I love You with my whole heart!

I grieve for having so often offended Your infinite goodness. I promise, by Your grace, never more to offend You and, as unworthy as I am, I consecrate myself to You completely; renouncing my entire will, my affections, my desires, and all that I possess. Do with me as You please and whatever You please with all that I have.

All that I ask and desire of You is Your holy love, final perseverance, and the perfect accomplishment of Your will. I entrust to You the souls in purgatory, especially those who had the greatest devotion to You in the Most Blessed Sacrament and to the most Blessed Virgin Mary. I also recommend to You all poor sinners.

Finally, dear Savior, I unite all my affections with those of Your most loving Heart and I offer them, thus united, to Your Eternal Father, beseeching Him in Your Name because of Your love, to accept them and to grant my petitions.

Amen.

AN ACT OF SPIRITUAL COMMUNION

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.

(Partial indulgence)

PRAYER TO OUR LADY OF THE BLESSED SACRAMENT

O Virgin Mary, our Lady of the Blessed Sacrament, glory of the Christian people, joy of the universal Church, salvation of the world; pray for us, and awaken in all the faithful devotion to the Holy Eucharist in order that they render themselves worthy to receive it daily. Amen.

The following may be sung as a hymn or recited as a prayer.

JESUS, MY LORD, MY GOD

Jesus, my Lord, my God, my All,
How can I love You as I ought?
And how revere this wondrous gift,
So far surpassing hope and thought.

Sweet Sacrament we Thee adore,
O make us love Thee more and more,
O make us love Thee more and more.

Had I but Mary's sinless Heart,
To love You with, my dearest King.
O with what bursts of fervent praise,
Your goodness Jesus, would I sing.

PRAYER FOR THE SPREAD OF PERPETUAL EUCHARISTIC ADORATION

Heavenly Father, increase our faith in the Real
Presence of Your Son, Jesus Christ in the
Holy Eucharist.

We are obliged to adore Him, to give Him thanks
and to make reparation for sins.
We need Your peace in our hearts and among nations.
We need conversion from our sins
and the mercy of Your forgiveness.
May we obtain this through prayer and our
union with the Eucharistic Lord.

Please send down the Holy Spirit upon all peoples
to give them the love, courage, strength
and willingness to respond to the invitation to
Perpetual Eucharistic Adoration.

We beseech You to spread perpetual
exposition of the Most Blessed Sacrament in
parishes around the world.

We ask this in the name of Jesus the Lord.

Amen.

Our Lady of the Most Blessed Sacrament
help us to spread the glory of Your Son
through perpetual exposition of the Holy Eucharist.

"THE EUCHARIST IS THE CENTER AND SUMMIT OF THE WHOLE OF SACRAMENTAL LIFE, THROUGH WHICH EACH CHRISTIAN RECEIVES THE SAVING POWER OF THE REDEMPTION, BEGINNING WITH THE MYSTERY OF BAPTISM, IN WHICH WE ARE BURIED INTO THE DEATH OF CHRIST, IN ORDER TO BECOME SHARERS IN HIS RESURRECTION, AS THE APOSTLE TEACHES (cf. Rom. 6:3-5). IN THE LIGHT OF THIS TEACHING, WE SEE STILL MORE CLEARLY THE REASON WHY THE ENTIRE SACRAMENTAL LIFE OF THE CHURCH AND OF EACH CHRISTIAN REACHES ITS SUMMIT AND FULLNESS IN THE EUCHARIST."

--"Redemptor Hominis," March 4, 1979

LITANY OF THE MOST SACRED HEART OF JESUS

(*Partial indulgence* each time the Litany is recited)

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us.

Christ, graciously hear us.

God, the Father of Heaven, **have mercy on us.***

[***Have mercy on us** is repeated after each invocation.]

God the Son, Redeemer of the world,

God, the Holy Spirit,

Holy Trinity, One God,

Heart of Jesus, Son of the Eternal Father,

Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,

Heart of Jesus, substantially united to the Word of God,

Heart of Jesus, of Infinite Majesty,

Heart of Jesus, Sacred Temple of God,

Heart of Jesus, Tabernacle of the Most High,

Heart of Jesus, House of God and Gate of Heaven,

Heart of Jesus, burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, abyss of all virtues,

Heart of Jesus, most worthy of all praise,

Heart of Jesus, king and center of all hearts,

Heart of Jesus, in whom are all the treasures of wisdom and knowledge,

Heart of Jesus, in whom dwells the fullness of divinity,

Heart of Jesus, in whom the Father was well pleased,

Heart of Jesus, of whose fullness we have all received,

Heart of Jesus, desire of the everlasting hills,

Heart of Jesus, patient and most merciful,

Heart of Jesus; enriching all who invoke you,

Heart of Jesus, fountain of life and holiness,

Heart of Jesus, propitiation for our sins,

Heart of Jesus, loaded down with opprobrium,

Heart of Jesus, bruised for our offenses,

Heart of Jesus, obedient unto death,

Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and reconciliation,
Heart of Jesus, victim of our sins,
Heart of Jesus, salvation of those who trust in You,
Heart of Jesus, hope of those who die in You,
Heart of Jesus, delight of all the Saints,

Lamb of God, Who take away the sins of the world, *spare us, O Lord.*
Lamb of God, Who take away the sins of the world, *graciously hear us, O Lord.*
Lamb of God, who take away the sins of the world, *have mercy on us.*

V. Jesus, meek and humble of heart.
R. Make our hearts like unto yours.

Let us pray. Almighty and eternal God, look upon the Heart of Your most Beloved Son and upon the praise and satisfaction which He offers You in the name of sinners; and to those who implore Your mercy, in Your great goodness, grant forgiveness in the name of the same Jesus Christ, Your Son, Who lives and reigns with You forever and ever. R. Amen.



NOTICE

If this is a congregational Holy Hour and a sermon is going to be preached, the hymn "**Come Holy Spirit**" is sung at this time and is followed by the sermon.

A *partial indulgence* is granted to the faithful, who assist with devotion and attention at the sacred preaching of the Word of God ("*Enchiridion of Indulgences*," N. 41).

At the conclusion of the sermon, some of the following prayers may be omitted so that the devotion may be finished in the time allotted for it.

If there is to be no sermon, omit "**Come Holy Spirit**" and continue with the prayers on the following page.

COME HOLY SPIRIT

(Veni, Sancte Spiritus)

Come Holy Spirit, Creator blest,
And in our hearts take up Thy rest;
Come with Thy grace and heavenly aid,
To fill the hearts which Thou hast made,
To fill the hearts which Thou hast made.

O Comforter, to Thee we cry,
O heavenly gift of God Most High,
O fount of life and fire of love,
And sweet anointing from above,
And sweet anointing from above.

O DIVINE JESUS

O Divine Jesus, lonely tonight in so many tabernacles, without visitor or worshipper, I offer You my poor but loving heart. May its every beat be a prayer of love for You.

You are ever watching under the sacramental veils; in Your love You never sleep and are never weary of Your vigil for sinners. O good Jesus, I love You; I am truly sorry for ever having offended You.

O lonely Jesus, may my heart be as a lamp, the light of which shall burn for You alone. Bless me, O Jesus, come spiritually into my soul and fill my heart with love for You. Make me completely Yours. Take this sinful heart of mine and guide it through this vale of tears.

Heart of Jesus, hear me.

When I draw my parting breath, when my eyes shall close in death; then sweet Jesus be near to me. Heart of Jesus, hear me.

Watch Sacramental Sentinel, watch for the weary world; for the erring soul and for your poor lonely child.

Amen.

PROTESTATIONS OF LOYALTY TO GOD

God the Son, Redeemer of the World, *I love You, O my God**

[**I love You, O my God* is repeated after each invocation.]

God the Holy Spirit,
Holy Trinity, one God,
You, who are Infinite Love,
You, Who did first love me,
You, Who asks me to love You,
With all my heart,
With all my soul,
With all my mind,
With all my strength,
Above all possessions and honors,

Above all pleasures and enjoyments,
More than myself,
More than anything belonging to me,
More than all my relatives and friends,
More than all men and angels,
Above all created things in heaven and on earth,
Only for Yourself,
Because You are the Sovereign God,
Because You are infinitely worthy of being loved,
Even if You had not promised heaven,
Even if You had not menaced me with hell,
Even should You try me with trouble and misfortune,
In wealth and in poverty,
In prosperity and adversity,
In health and in sickness,
In time and in eternity,
In union with that love with which the Saints love You,
In union with that love with which all the angels love You in heaven,
In union with that love with which the Blessed Virgin loves You,
In union with that love with which You love Yourself eternally,

Amen