

# †Holy Hour†

## A Day of Prayer and Penance

\*\*The following Holy Hour for Life is taken from the United States Conference of Catholic Bishops. It is a model and is based on the ritual book *Holy Communion and Worship of the Eucharist Outside of Mass*, which should be followed in all respects.

### PROCESSION

After all have assembled, a priest or deacon, wearing cope and humeral veil, brings the Blessed Sacrament to the Altar in a monstrance, a song may be sung. He may be accompanied by altar servers with candles. The Blessed Sacrament is placed on the altar. The presiding minister then kneels before the altar and incenses the Blessed Sacrament. The opening song (O, Salutaris) is concluded and a period of silent prayer follows.

### COLLECT

The presiding minister then goes to the chair, where he prays one of the following opening prayers:

**Celebrant:**

**Lord our God,  
in this great sacrament  
we come into the presence of Jesus Christ, your Son,  
born of the Virgin Mary  
and crucified for our salvation.  
May we who declare our faith  
in this fountain of love and mercy  
drink from it the water of everlasting life.  
We ask this through Christ our Lord. All: Amen.**

After a period of silent prayer, the Liturgy of the Word begins.

# LITURGY OF THE WORD

**Other appropriate Readings may be chosen**

**FIRST READING** Gen 2:18-24 LFM #140 (Vol. 1)

**RESPONSORIAL PSALM** Psalm 139: 1b-3, 13-14b, 23-24 LFM #440 (Vol. 3)

**R. Guide me Lord, along the everlasting way.**

**O Lord, You have probed me and You know me;  
You know when I sit and when I stand;  
You understand my thoughts from afar.  
My journeys and my rest You scrutinize,  
with all my way You are familiar.**

**R. Guide me Lord, along the everlasting way.**

**Truly You have formed my inmost being;  
You knit me in my mother's womb.  
I give You thanks that I am fearfully,  
wonderfully made;  
wonderful are Your works.**

**R. Guide me Lord, along the everlasting way.**

**Probe me, O God, and know my heart;  
try me, and know my thoughts;  
See if my way is crooked,  
and lead me in the way of old.**

**R. Guide me Lord, along the everlasting way.**

*After a period of silent prayer:*

## **GOSPEL ACCLAMATION**

**R. Alleluia, alleluia.** Jn 6:51

**I am the living bread that came down from heaven,  
says the Lord; whoever eats this bread will live forever.**

*(another appropriate verse may be used)*

**R. Alleluia, alleluia.**

## **GOSPEL**

**John 6:35-40**

**LFM #275 (Vol. 2,3)**

## **HOMILY**

*At the conclusion of the last reading a priest or a deacon preaches the homily, followed by a period of silent prayer.*

## **INTERCESSIONS**

Standing at the chair, the presiding minister invites the people to pray:

**Celebrant:**

**God is the author of life. In Him we place our trust and hope as we present to Him our needs:**

*Deacon or other Minister:*

**That justice, truth, and a love for the gift of life might inspire all legislators, governors, and our President, we pray to the Lord:**

All: Lord, hear our prayer.

*Deacon or other Minister:*

**For all who do not embrace the rights of the unborn that, in love, they may come to know the dignity of every person in the eyes of God, we pray to the Lord:**

All: Lord, hear our prayer.

*Deacon or other Minister:*

**For those preparing to receive the Sacrament of Marriage: that they might embrace their role as sharers in God's creative love, we pray to the Lord:**

All: Lord, hear our prayer.

*Deacon or other Minister:*

**For all who touch the lives of the condemned, the old, and the forgotten, that they might have compassion, respect, and appreciation for the dignity of all human, life, we pray to the Lord:**

All: Lord, hear our prayer.

*Deacon or other Minister:*

**For the dying that through the love, care, and devotion of others they may know the beauty of life in their dying moments, we pray to the Lord:**

All: Lord, hear our prayer.

*Deacon or other Minister:*

**For all the victims of the culture of death that like Lazarus, forgotten and poor, they may be welcomed into God's eternal peace, we pray to the Lord:**

All: Lord, hear our prayer.

## **SILENT ADORATION OF THE BLESSED SACRAMENT**

After the Intercessions a period of silent adoration of the Blessed Sacrament is observed. A time of 10-15 minutes is suggested. After the time of silent prayer the Celebrant or deacon invites assembly to kneel for the litany. A cantor may lead the response of the assembly if the litany is to be sung.

### **LITANY FOR LIFE**

**Celebrant:**

**Lord, have mercy.** R. Lord, have mercy.

**Celebrant:**

**Christ, have mercy.** R. Christ, have mercy.

**Celebrant:**

**Lord, have mercy.** R. Lord, have mercy.

**Celebrant:**

**You breathed life into Adam** R. Lord, you give us life!

**You formed Eve from flesh** R. Gn 2:7

**You heard the cry of innocent blood** R. Gn 9:5-6

**You spared the life of Cain** R. Gn 4:16

**You saved Noah from the flood** R. Gn 8:16

**You filled Sarah's barren womb** R. Gn 21:2

**You gave Abraham a son** R. Gn 21:3

**You preserved the life of Jacob** R. Gn 32:31

**You punished those who took life** R. Nm 35:31

**You place before us life and death** R. Dt 30:19

**You restore lost life** R. Ru 4:14

**You nourish the aged and weak** R. Ru 4:14

**You delivered Saul from David** R. 1 Sm 26:22-24

**You redeemed the life of David** R. 2 Sm 4:9

**You gave Solomon length of days** R. 1 Kgs 3:14

**You raised the child by Elijah's cry** R. 1 Kgs 17:21-22

**You are the Life that is the light of men** R. Jn 1:14

**You are the bread of Life** R. Jn 6:35

**You have the words of eternal life** R. Jn 6:68

**You are the resurrection and the life** R. Jn 11:25

**You are the Way, the Truth, and the Life** R. Jn 14:6

## **THE LORD'S PRAYER**

The presiding minister then sings (preferred) or says:

**Celebrant:**

**Now let us offer together the prayer our Lord Jesus**

**Christ taught us: All: Our Father...**

## **BENEDICTION**

At the conclusion of the Lord's Prayer, the presiding minister goes to the altar, genuflects, and then kneels. As he kneels, "Tantum ergo" or another suitable Eucharistic song (Tantum ergo) is sung and he incenses the Blessed Sacrament. After the hymn is finished, he rises and sings or says:

**Celebrant:**

**Let us pray.**

**O God, who in this wonderful Sacrament  
have left us a memorial of your Passion,  
grant us, we pray,  
so to revere the sacred mysteries of your Body and Blood  
that we may always experience in ourselves  
the fruits of your redemption.**

**Who live and reign with God the Father  
in the unity of the Holy Spirit,  
one God, for ever and ever. All: Amen.**

After the prayer, the presiding minister puts on the humeral veil, genuflects, and takes the monstrance. He makes the sign of the cross with the monstrance over those gathered, in silence.

## **REPOSITION**

After the blessing the Blessed Sacrament is removed from the monstrance and brought to the place of reservation. Meanwhile, the presiding minister may lead those assembled in the Divine Praises. Each acclamation is repeated by all together.

### **Celebrant and Assembly:**

**Blessed be God.**

**Blessed be His Holy Name.**

**Blessed be Jesus Christ, true God and true man.**

**Blessed be the name of Jesus.**

**Blessed be His Most Sacred Heart.**

**Blessed be His Most Precious Blood.**

**Blessed be Jesus in the Most Holy Sacrament of the Altar.**

**Blessed be the Holy Spirit, the Paraclete.**

**Blessed be the great Mother of God, Mary most holy.**

**Blessed be her holy and Immaculate Conception.**

**Blessed be her glorious Assumption.**

**Blessed be the name of Mary, Virgin and Mother.**

**Blessed be Saint Joseph, her most chaste spouse.**

**Blessed be God in His angels and in His Saints.**

After the Divine Praises are finished, the hymn is sung (Holy God, We Praise Thy Name), and the presiding minister and the servers bow to the altar and leave.