

HOLY HOUR

THE ROMAN CATHOLIC
ARCHDIOCESE OF ATLANTA



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COME TO ME

Matthew 11:28

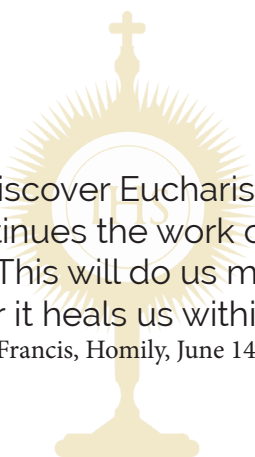
EUCCHARISTIC RENEWAL

Welcome to adoration!

This booklet offers a traditional course to follow during a Holy Hour, with a brief collection of prayers of the Church that might help you.

For those who have not experienced adoration before, you may wonder: what do I do during adoration? Adoration of the Eucharist is a special form of prayer and a liturgical action, and it is proper to kneel in reverence to our Lord Jesus in the Blessed Sacrament—God Himself, fully present in the consecrated Host exposed in the monstrance. You are in the presence of the King of Kings, the King of the Universe! At the same time, you are visiting your most loving Savior and closest friend. It is therefore appropriate to transition from kneeling down to sitting reverently, so as to keep your focus on Jesus truly present before you and to share your heart with Him.

Seek to quiet your heart and your mind and look at the face of Jesus. Listen to the Beloved as you pour out your heart. Scripture is a privileged way for us to hear the Word of God, so consider bringing your Bible and reflecting on a passage from the Gospels or elsewhere. Be attentive to what the Lord will inspire in you through the Holy Spirit. Most importantly, have a conversation with God and allow yourself to be loved and to be transformed!



“Let us ... rediscover Eucharistic adoration,
which continues the work of the Mass
within us. This will do us much good,
for it heals us within.”

(Pope Francis, Homily, June 14, 2020)

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Pange lingua

Of the glorious Body telling,
o my tongue, its mysteries sing,
and the Blood, all price excelling,
which the world's eternal King,
in a noble womb once dwelling
shed for the world's ransoming.
Given for us, descending,
of a Virgin to proceed,
man with man in converse blending,
scattered he the Gospel seed,
till his sojourn drew to ending,
which he closed in wondrous deed.
At the last great supper lying
circled by his brethren's band,
meekly with the law complying,
first he finished its command then,
immortal food supplying,
gave himself with his own hand.
Word made flesh, by word he maketh
very bread his flesh to be;
man in wine Christ's blood partaketh:
and if senses fail to see,
faith alone the true heart waketh
to behold the mystery.

Amen.

I. Exposition - Hymn

O SALUTARIS Hostia,
Quae caeli pandis ostium:
Bella premunt hostilia,
Da robur, fer auxilium.

O SAVING Victim, opening wide,
The gate of heaven to all below.
Our foes press on from every side;
Thine aid supply, Thy strength bestow.

Uni trinoque Domino
Sit sempiterna gloria,
Qui vitam sine termino
Nobis donet in patria.
Amen.

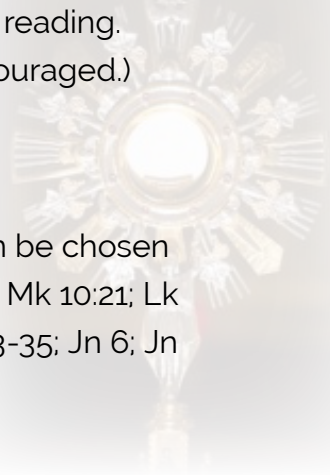
To Thy great name be endless praise,
Immortal Godhead, One in Three;
Oh, grant us endless length of days,
In our true native land with Thee.
Amen.

II. Adoration

(The period of exposition can include the Liturgy of the Hours or other prayers, songs, readings from Scripture, and a brief reflection on the reading. Adequate time for silent prayer is encouraged.)

Reading of Scripture

(One or two selections of readings can be chosen for this time. For example: Mt 11:25-30; Mk 10:21; Lk 4:16-21; Lk 11:9-13; Lk 22:14-20; Lk 24:13-35; Jn 6; Jn 15:4-11; 1 Cor 11:23-26.)



Reflection/Meditation on the Scripture

Silent prayer and possible music

(Meditation with the Rosary, the Chaplet of Divine Mercy, or other devotions may be helpful.)

III. Benediction

Hymn

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.
Amen.

Down in adoration falling,
Lo! the sacred Host we hail,
Lo! o'er ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.

To the everlasting Father,
And the Son Who reigns on high
With the Holy Spirit proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty.
Amen.

Prayer before Benediction

Leader: You have given the Bread from Heaven

All: Having all sweetness within it.

Leader: Let us pray.

Lord Jesus Christ, You gave us the Eucharist as the memorial of Your suffering and death. May our worship of this sacrament of Your Body and Blood help us to experience the salvation You won for us and the peace of the kingdom where You live with the Father and the Holy Spirit, one God, forever and ever.

All: Amen.

Benediction: The priest or deacon gives a blessing.

Divine Praises:

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 St. Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

Amen.

IV. Reposition

Closing Hymn: Holy God We Praise Thy Name

Litany of the Holy Eucharist (continued)

That we may show fitting reverence when entering Your holy temple. **R. we beseech You, hear us.**
That we may make suitable preparation before approaching the Altar,
That we may receive You frequently in Holy Communion with real devotion and true humility,
That we may never neglect to thank You for so wonderful a blessing,
That we may cherish time spent in silent prayer before You,
That we may grow in knowledge of this Sacrament of sacraments,
That all priests may have a profound love of the Holy Eucharist,
That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity,
That we may be comforted and sanctified with Holy Viaticum at the hour of our death,
That we may see You one day face to face in Heaven,

Lamb of God, You take away the sins of the world,
Lamb of God, You take away the sins of the world,
Lamb of God, You take away the sins of the world,

R. spare us, O Lord.
R. graciously hear us, O Lord.
R. have mercy on us, O Lord.

V. O Sacrament Most Holy, O Sacrament Divine,
R. all praise and all thanksgiving be every moment Thine.

Let us pray,

Most merciful Father,
You continue to draw us to Yourself
through the Eucharistic Mystery.
Grant us fervent faith in this Sacrament of love,
in which Christ the Lord Himself is contained, offered and received.
We make this prayer through the same Christ our Lord. **R. Amen.**

The Church and the world have a great need of
eucharistic worship. Jesus waits for us in this sacrament of love.

Let us be generous with our time in going to meet Him in
adoration and in contemplation that is full of faith and ready
to make reparation for the great faults and crimes of the world.
May our adoration never cease.

Dominicae Cenaе, 3

Anima Christi

Anima Christi

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds conceal me.

Do not permit me to be parted from you.

From the evil foe protect me.

At the hour of my death call me.

And bid me come to you,

to praise you with all your saints

for ever and ever.

Amen.

En ego, o bone et dulcissime Iesu

Here,

O good and gentle Jesus,

I kneel before you,

and with all the fervor of my soul

I pray that you engrave within my heart

lively sentiments of faith, hope, and love,

true repentance for my sins,

and a firm purpose of amendment.

While I see and I ponder your five wounds

with great affection and sorrow in my soul,

I have before my eyes those words of yours

that David prophesied about you:

“They have pierced my hands and feet;

I can count all my bones.” (Ps 22, 17)

Amen.

Litany of the Most Precious Blood

Lord, have mercy
Christ, have mercy
Lord, have mercy

R. Lord, have mercy
R. Christ, have mercy
R. Lord, have mercy

God our Father in heaven
God the Son, Redeemer of the world
God the Holy Spirit
Holy Trinity, one God

R. have mercy on us

Blood of Christ, only Son of the Father
Blood of Christ, incarnate Word
Blood of Christ, of the new and eternal covenant
Blood of Christ, that spilled to the ground
Blood of Christ, that flowed at the scourging
Blood of Christ, dripping from the thorns
Blood of Christ, shed on the cross
Blood of Christ, the price of our redemption
Blood of Christ, our only claim to pardon
Blood of Christ, our blessing cup
Blood of Christ, in which we are washed
Blood of Christ, torrent of mercy
Blood of Christ, that overcomes evil
Blood of Christ, strength of the martyrs
Blood of Christ, endurance of the saints
Blood of Christ, that makes the barren fruitful
Blood of Christ, protection of the threatened
Blood of Christ, comfort of the weary
Blood of Christ, solace of the mourner
Blood of Christ, hope of the repentant
Blood of Christ, consolation of the dying
Blood of Christ, our peace and refreshment
Blood of Christ, our pledge of life
Blood of Christ, by which we pass to glory
Blood of Christ, most worthy of honor

R. be our salvation

Lamb of God, you take away the sins of the world
Lamb of God, you take away the sins of the world
Lamb of God, you take away the sins of the world

R, have mercy on us

Lord, you redeemed us by your blood.

**R. You have made us a
kingdom to serve our God.**

Litany of the Most Precious Blood (continued)

Let us pray.

O God, who by the Precious Blood of your Only Begotten Son
have redeemed the whole world,
preserve in us the work of your mercy,
so that, ever honoring the mystery of our salvation,
we may merit to obtain its fruits.
Through Christ our Lord.

R/. Amen



Wrapped in Mystery

The God of the Eucharist conceals Himself in order to be desired, veils Himself in order to become an object of contemplation; He wraps Himself in mystery in order to spur on and perfect the soul's love.

- St. Peter Julian Eymard

To Adore Is to Love

Lord Jesus Christ, pierce my soul with Your love so that I may always long for You alone, who are the bread of angels and the fulfillment of the soul's deepest desires. May my heart always hunger for You, so that my soul will be filled with the sweetness of Your presence.

- St. Bonaventure





A Breath From One to the Other

When we go before the Blessed Sacrament, let us open our heart; our good God will open His. We shall go to Him; He will come to us; the one to ask, the other to receive. It will be like a breath from one to the other.

- St. John Vianney

Teach Youth to Adore

I urge priests, religious, and lay people to continue and redouble their efforts to teach the younger generations the meaning and value of Eucharistic adoration and devotion. How will young people be able to know the Lord if they are not introduced to the mystery of His presence?

- Pope St. John Paul II

Notes

"COME TO ME, ALL YOU WHO LABOR AND ARE BURDENED, AND I WILL GIVE YOU REST. TAKE MY YOKE UPON YOU AND LEARN FROM ME, FOR I AM MEEK AND HUMBLE OF HEART; AND YOU WILL FIND REST FOR YOURSELVES. FOR MY YOKE IS EASY, AND MY BURDEN LIGHT."

MATTHEW 11:28-30 (NABRE)



COME TO ME

Matthew 11:28

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