

**Opening Hymn** (please kneel)

O salutaris Hostia, Quae caeli pandis ostium: Bella premunt hostilia, Da robur, fer auxilium.	<i>O saving Victim, open wide The gate of heaven to us below. Our foes press on from every side; Your aid supply, your strength bestow.</i>
Uni trinoque Domino Sit sempiterna gloria, Qui vitam sine termino Nobis donet in patria. Amen.	<i>To your great name be endless praise, Immortal Godhead, One in Three; O grant us endless length of days In our true native land with thee. Amen.</i>

**Sign of the Cross** (please kneel/sit)

*\*Here make the intention for the Holy Hour\**

O Sacrament most holy,  
O Sacrament Divine!  
All praise and all thanksgiving  
Be every moment thine!

**Prayer to the Holy Spirit**

Come, O Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit, and they shall be created, and Thou shall renew the face of the earth.

O God, Who by the light of the Holy Spirit, didst instruct the hearts of the faithful, grant that in the same Holy Spirit we may be truly wise, and ever rejoice in His consolation. Through Christ our Lord. Amen.

Heart of Jesus, I put my trust in Thee.

**Act of Contrition**

O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of Heaven and the pains of Hell; but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

O Jesus in the Blessed Sacrament, have mercy on us!

**Act of Spiritual Communion**

My Jesus, I believe Thou art really present in the Most Blessed Sacrament of the Altar. I love Thee above everything else, and I long to receive Thee into my soul. I cannot now receive Thee in Holy Communion, but I beg Thee to come to me at least spiritually. I embrace Thee as already there, and unite myself entirely to Thee. Grant that I may never be separated from Thee!

I adore Thee every moment, O Living Bread from Heaven, great Sacrament!

### **Offering of the Holy Hour**

O my Sweet Jesus, I desire to spend this Hour with Thee, to console Thee, and to make some reparation by the love of my poor heart for the agony Thou didst suffer in Gethsemane. In that lone hour Thou was forsaken, and the creatures, whom Thou didst create to love Thee, loved Thee not. The weight of all our sins pressed on Thee, and mine as well; and for the sorrow which I caused Thee then by my sins, I will endeavor to repay Thee now by my love. Strengthen it, my Jesus, that it may in some small measure give Thee consolation.

Sacred Heart of Jesus, strengthened in Thine agony by an Angel, comfort us in our agony.

### **Opening Prayer to the Blessed Sacrament**

My Lord Jesus Christ, it is Thy great love for men that keeps Thee day and night in this Sacrament, full of pity and love, expecting, inviting, and welcoming all who visit Thee. I believe that Thou art really present in the Sacrament of the Altar. From the depth of my nothingness, I adore Thee; and I thank Thee for the many graces Thou hast given me, especially for the gift of Thyself in this Sacrament, for the gift of Thy most holy Mother as my intercessor, and for the privilege of visiting Thee in this Church. I now speak to Thy most loving Heart with a three-fold intention: to thank Thee for the great gift of Thyself; to atone for all the insults which Thy enemies heap upon Thee in this Sacrament; and to adore Thee wherever Thy Eucharistic Presence is dishonored or forgotten.

My Jesus, I love Thee with my whole heart. I am very sorry for my ingratitude to Thine infinite goodness. I now resolve, with the help of Thy grace, never to offend Thee again. And, sinful as I am, I consecrate to Thee my entire self, my whole will, my affections, my desires, and all that I have. From now on, do with me and mine as Thou please. I ask for and desire only Thy love, final perseverance, and the grace always to do Thy holy will.

I intercede with Thee for the Souls in Purgatory, especially for those who were most devoted to the Blessed Sacrament, and to Thy most holy Mother. I recommend to Thee also, all poor sinners. And lastly, my dear Savior, I unite all my desires with the desires of Thy most loving Heart. Thus united, I present them to Thine Eternal Father, and beg Him in Thy Name and for love of Thee, to hear and answer them.

-St. Alphonsus de Liguori

Jesus, meek and humble of heart, make our hearts like unto Thine.

### **Prayer to Christ the King**

O CHRIST, JESUS, I acknowledge Thee as Universal King. For Thee all creatures have been made. Do Thou exercise over me all the rights that Thou hast.

I renew my Baptismal Vows, I renounce Satan, with all his works and pomps, and I promise to live as a good Catholic: Especially, do I pledge myself, by all the means in my power, to bring about the triumph of the rights of God and of Thy Church.

Divine Heart of Jesus, I offer Thee all my poor actions to obtain that all hearts may recognize Thy Sacred Royalty, and that thus the reign of Thy Peace may be established throughout the entire world. Amen.

Jesus, King and Center of all hearts, through the advent of Thy Kingdom, grant us peace.

### **Recitation of Sorrowful Mysteries of the Holy Rosary**

First Mystery: The Agony in the Garden

Second Mystery: The Scourging at the Pillar

Third Mystery: The Crowning with Thorns

Fourth Mystery: The Carrying of the Cross

Fifth Mystery: The Crucifixion and Death

### **Devotion in Honor of the Five Holy Wounds**

As I kneel before Thee on the Cross, most loving Savior of my soul, my conscience tells me it is I who have nailed Thee to that Cross with these hands of mine, as often as I have fallen into mortal sin, wearying Thee with my monstrous ingratitude.

My God, my chief and most perfect Good, worthy of all my love, seeing Thou hast ever loaded me with blessings, I cannot now undo my misdeeds, as I would most willingly, but I can and will loathe them, grieving greatly for having offended Thee Who art infinite Goodness. And now, kneeling at Thy feet, I will try at least to compassionate Thee, to give Thee thanks, to ask of Thee pardon and contrition. Wherefore, with heart and lips I say:

### **To the Wound of the Left Foot:**

Holy Wound of the Left Foot of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for that most bitter pain which Thou didst suffer. I thank Thee for the love whereby Thou wast wearied in overtaking me on the way to ruin, and didst bleed amid the thorns and brambles of my sins. I offer to the Eternal Father the pain and love of Thy most sacred humanity, in atonement for my sins, all of which I detest with sincere and bitter contrition.

### **To the Wound of the Right Foot:**

Holy Wound of the Right Foot of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for that most bitter pain which Thou didst suffer. I thank Thee for the love which pierced Thee with such torture and shedding of blood in order to punish my wanderings and the guilty pleasures I have granted to my passions. I offer to the Eternal Father all the pain and love of Thy most sacred humanity, and I pray unto Him for grace to weep over my transgressions with burning tears, and to enable me to persevere in the good which I have begun, without ever swerving again from my obedience to the Commandments of my God.

### **To the Wound of the Left Hand:**

Holy Wound of the Left Hand of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for that most bitter pain which Thou didst suffer. I thank Thee for having, in Thy love, spared me the scourges and eternal damnation which my sins have merited. I offer to the Eternal Father the pain and love of Thy most sacred humanity I and I pray Him to teach me how to turn to good account my span of life, and bring forth in it worthy fruits of penance, and so disarm the angry justice of my God.

**To the Wound of the Right Hand:**

Holy Wound of the Right Hand of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for that most bitter pain which Thou didst suffer. I thank Thee for Thy graces lavished on me with such love, in spite of all my miserable obstinacy. I offer to the Eternal Father all the pain and love of Thy most sacred humanity, and I pray Him to change my heart and its affections, and make me do all my actions in accordance with the will of God.

**To the Wound of the Sacred Side:**

Holy Wound in the Side of my Jesus, I adore Thee! I compassionate Thee, O my Jesus, for the cruel insult Thou didst suffer. I thank Thee, my Jesus, for the love which suffered Thy Side and Heart to be pierced, that the last drops of Blood and water might issue forth, making my redemption to abound. I offer to the Eternal Father this outrage, and the love of Thy most sacred humanity, that my soul may enter once for all into that most loving Heart, eager and ready to receive the greatest sinners, and from it may never more depart.

Sweet Heart of my Jesus, grant that I may ever love Thee more and more.

**Litany to the Sacred Heart of Jesus**

Lord, have mercy; Lord, have mercy.  
Christ, have mercy; Christ, have mercy.  
Lord, have mercy; Lord, have mercy.

Christ, hear us; Christ, hear us.  
Christ, graciously hear us; Christ, graciously hear us.

God the Father of Heaven, have mercy on us.  
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 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 Thee,  
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 to 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 our reconciliation,  
 Heart of Jesus, victim for our sins  
 Heart of Jesus, salvation of those who trust in Thee,  
 Heart of Jesus, hope of those who die in Thee,  
 Heart of Jesus, delight of all the Saints,  
 Lamb of God, who taketh away the sins of the world, spare us, O Lord.  
 Lamb of God, who taketh away the sins of the world, graciously hear us,  
 O Lord.  
 Lamb of God, who taketh away the sins of the world, have mercy on us,  
 O Lord.

V. Jesus, meek and humble of heart.  
 R. Make our hearts like to Thine.

Let us pray:

Almighty and eternal God, look upon the Heart of Thy most beloved Son and upon the praises and satisfaction which He offers Thee in the name of sinners; and to those who implore Thy mercy, in Thy great goodness, grant forgiveness in the name of the same Jesus Christ, Thy Son, who livest and reignest with Thee forever and ever. Amen.

*Silent adoration until closing prayers.*

**Closing Hymn** (please kneel)

Tantum ergo Sacramentum Veneremur cernui: Et antiquum documentum Novo cedat ritui: Praestet fides supplementum Sensuum defectui.	<i>Down in adoration falling, This great Sacrament we hail; Over ancient forms of worship Newer rites of grace prevail; Faith will tell us Christ is present, When our human senses fail.</i>
Genitori, Genitoque Laus et jubilatio, Salus, honor, virtus quoque Sit et benedictio: Procedenti ab utroque Compar sit laudatio. Amen.	<i>To the everlasting Father, And the Son who made us free, And the Spirit, God proceeding From them Each eternally, Be salvation, honor, blessing, Might and endless majesty. Amen.</i>

Priest/Deacon: You have given them Bread from heaven.  
 ALL: Having all sweetness within it.

**Reposition**

Holy God, we praise thy name; Lord of all, we bow before thee; All on earth they scepter claim; All in heaven above adore thee. Infinite they vast domain, Everlasting is thy reign!	Hark, the loud celestial hymn; Angel choirs above are raising; Cherubim and Seraphim, In unceasing chorus praising, Fill the heavens with sweet accord: "Holy, holy, holy, Lord!"
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