

Holy Hour

Hymn at Exposition

*O salutaris Hostia
Quae coeli pandis ostium,
Bella premunt hostilia,
Da robur fer auxilium.*

*Unitrinoque Domino
Sit sempiterna Gloria:
Qui vitam sine termino
Nobis donet in patria. Amen.*

O Saving Victim, op'ning wide
The gate of Heav'n to us below!
Our foes press on from ev'ry side:
Thine aid supply; Thy strength bestow.

To Thy great Name be endless praise
Immortal Godhead, One in Three;
O grant us endless length of days
When our true native land we see! Amen.

Opening Prayer

Hail, sweet Jesus!/ Praise, honor and glory
be to you, O Christ/ Who of Your own
accord/did embrace death,/ and recommending
Yourself to Your heavenly Father,/ bowing
down Your Sacred Head/ did yield up the
Spirit./ Truly giving up Your life for Your
sheep,/ You have shown Yourself to be a Good
Shepherd./ You died, my beloved Savior,/ that I
might live forever./ What great hope, what
great confidence/ do I have in Your death/ and
in Your Blood shed for me./ O good Jesus,/ by
Your bitter death and passion,/ give me grace
and pardon./ I offer You this hour of prayer/ for
all the intentions/ for which You prayed, sweat
blood, endured agony and accepted Your
death./ Amen.

Prayer to the Mother of God

O Most Holy Mother of Jesus,/ who did
witness and feel the utter desolation of your
divine Son,/ help me in my hour of need./ We
fly to your patronage, O Holy Mother of God;/
despise not our petitions in our necessities,/ but
deliver us always from all dangers,/ O glorious
and blessed Virgin Mary./ Amen.

Prayers for Private Devotion

Act of Faith

O my God, I firmly believe that You are
really and corporally present in the Blessed
Sacrament of the Altar. I adore You here
present from the very depths of my heart, and I
worship Your Sacred Presence with all possible
humility. O my soul, what joy to have Jesus
Christ always with us, and to be able to speak
to Him, heart to heart, with all confidence!
Grant, O Lord, that I, having adored Your
divine majesty here on earth in this wonderful
Sacrament, may be able to adore It eternally in
heaven. Amen.

Act of Consecration to the Sacred Heart

Most sweet Jesus, Redeemer of the human
race, look down upon us humbly prostrate
before Your altar. We are Yours, and Yours we
wish to be, but to be more surely united with
You, behold, each one of us freely consecrates
himself today to Your most Sacred Heart.
Many, indeed, have never known You; many
too, despising Your precepts, have rejected
You. Have mercy on them all, most merciful
Jesus, and draw them to Your Sacred Heart. Be
King, Lord, not only of the faithful who have
never forsaken You, but also of Your prodigal
children who have abandoned You. Grant that
they may quickly return to their Father's house
lest the die of wretchedness and hunger. Be
King of those who are deceived by erroneous
opinion or whom discord keeps aloof, and call
them back to the harbor of truth and unity of
faith, so that soon there will be but one flock
and one Shepherd. Grant, O Lord, to Your
Church assurance of freedom and immunity
from harm. Give peace and order to all nations,
and make the earth resound from pole to pole
with one cry: Praise to the Divine Heart that
wrought our salvation, to It be glory and honor
forever! Amen.

Anima Christi

Soul of Christ, be my sanctification;
Body of Christ, be my salvation;
Blood of Christ, inebriate me;
Water from the side of Christ, wash me.
Passion of Christ, my comfort be;
O good Jesus, hear me!
Within Thy wounds, hide me;
Let me not be separated from Thee.
Guard me should the Foe assail me;
Call me when my life shall fail me.
Bid me come to Thee above
With Thy saints to sing Thy love,
World without end. Amen.

Hymn at Benediction

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

*Genitori genitoque
Laus et jubilatio,
Salus, honor, virtus quoque
Sit et benediction:
Procedenti ab utroque
Compar sit laudation. 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 Spirit blest proceeding
Forth from each eternally,
Be salvation, honor, blessing,
Might and endless majesty. Amen.

Celebrant: Let us pray:

O God, in this wonderful Sacrament, You have left us a memorial of Your Passion; help us, we beg You, so to reverence the Sacred Mysteries of Your Body and Blood, that we may constantly feel within our lives the effects of Your redemption. You Who live and reign forever. Amen.

The congregation is blessed with the Monstrance.

The 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 Saint Joseph, her most chaste Spouse. Blessed be God in His angels and in His saints.

(May the Heart of Jesus, in the Most Blessed Sacrament, be praised, adored and loved with grateful affection, at every moment, in all the Tabernacles of the world, even until the end of time! Amen.)

Closing Hymn

Holy God, we praise Thy Name;
Lord of all, we bow before Thee!
All on earth Thy scepter 'cclaim,
All in heaven above adore Thee.
Infinite Thy vast domain
Everlasting is Thy reign;
Infinite Thy vast doman
Everlasting is Thy reign.

Holy Father, Holy Son,
Holy Spirit, Three we name Thee,
While in essence only One,
Undivided God we 'cclaim Thee:
And adoring bend the knee
While we own the mystery;
And adoring bend the knee
While we own the mystery. Amen.