

Divine Mercy Holy Hour

First Sunday of Lent



HOLY HOUR TO THE DIVINE MERCY

Entrance Hymn: Forty Days and Forty Nights

**Forty days and forty nights
You were fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.**

**Shall not we your sorrow share
And from worldly joys abstain,
Fasting with unceasing prayer,
Strong with you to suffer pain?**

**Then if Satan on us press,
Flesh or spirit to assail,
Victor in the wilderness,
Grant we may not faint nor fail!**

**So shall we have peace divine:
Holier gladness ours shall be;
Round us, too, shall angels shine,
Such as served you faithfully.**

**Keep, O keep us, Savior dear,
Ever constant by your side;
That with you we may appear
At th'eternal Eastertide.**

Exposition: (please kneel as the Celebrant approaches the tabernacle)

O SALUTARIS HOSTIA

**O salutaris Hostia, quæ cæli pandis ostium:
Bella premunt hostilia, da robur, fer auxilium.**

**Uni trinoque Domino sit sempiterna gloria,
Qui vitam sine termino nobis donet in patria.**

Amen.

Adoration: (a few minutes of silent reflection)

Scripture Reading: (please stand)

(1 Peter 3:18-22) Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

Reflection: (please be seated)

Prayer of Entrustment to The Divine Mercy: (kneel)

All: O Lord, our God, we place all our trust in You, because You are mercy itself. We repent of our sins and turn to You for mercy. We trust You to provide for our every need, according to Your will. Help us to forgive others as You forgive us. We promise to be merciful by our deeds, words, and prayers. Though we have fears because of human weakness, we rely on Your infinite goodness and mercy. We entrust to Your mercy our very lives, our present situation and our uncertain future. We entrust to You the future of our planet, our Church, our nations, our families, and all our needs. With loud cries we implore Your mercy on us and the whole world. Look upon us created in Your image and likeness. Form us in the Heart of Mary by the power of the Holy Spirit into living images of mercy. May all come to know the depth of Your mercy and sing the praises of your mercy forever. Amen.

Praises of The Divine Mercy: (response: *I Trust in You)

Celebrant: Divine Mercy, gushing forth from the bosom of the Father,*
Divine Mercy, greatest attribute of God,*
Divine Mercy, incomprehensible mystery,*
Divine Mercy, fountain gushing forth from the mystery of the Most Blessed Trinity,*
Divine Mercy, unfathomed by any intellect, human or angelic,*
Divine Mercy, from which wells forth all life and happiness,*
Divine Mercy, better than the heavens,*
Divine Mercy, source of miracles and wonders,*

Divine Mercy, encompassing the whole universe,*
Divine Mercy, descending to earth in the Person of the Incarnate Word,*
Divine Mercy, which flowed out from the open wound of the Heart of Jesus,*
Divine Mercy, enclosed in the Heart of Jesus for us, and especially for sinners,*
Divine Mercy, unfathomed in the institution of the Sacred Host,*
Divine Mercy, in the founding of Holy Church,*
Divine Mercy, in the Sacrament of Holy Baptism,*
Divine Mercy, in our justification through Jesus Christ,*
Divine Mercy, accompanying us through our whole life,*
Divine Mercy, embracing us especially at the hour of death,*
Divine Mercy, endowing us with immortal life,*
Divine Mercy, accompanying us every moment of our life,*
Divine Mercy, shielding us from the fire of hell,*
Divine Mercy, in the conversion of hardened sinners,*
Divine Mercy, astonishment for Angels, incomprehensible to Saints,*
Divine Mercy, unfathomed in all the mysteries of God,*
Divine Mercy, lifting us out of every misery,*
Divine Mercy, source of our happiness and joy,*
Divine Mercy, in calling us forth from nothingness to existence,*
Divine Mercy, embracing all the works of His hands,*
Divine Mercy, crown of all of God's handiwork,*
Divine Mercy, in which we are all immersed,*
Divine Mercy, sweet relief for anguished hearts,*
Divine Mercy, only hope of despairing souls,*
Divine Mercy, repose of hearts, peace amidst fear,*
Divine Mercy, delight and ecstasy of holy souls,*
Divine Mercy, inspiring hope against all hope.*

All: Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

Adoration: (please be seated for a time of silent reflection)

Meditation: Psalm 130 — Prayer for Pardon and Mercy

All: Out of the depths I call to you, Lord; Lord, hear my cry! May your ears be attentive to my cry for mercy. If you, Lord, keep account of sins, Lord, who can stand? But with you is forgiveness and so you are revered. I wait for the Lord, my soul waits and I hope for his word. My soul looks for the Lord more than sentinels for daybreak. More than sentinels for daybreak, let Israel hope in the Lord. For with the Lord is mercy, with him is plenteous redemption, and he will redeem Israel from all its sins.

Chaplet of The Divine Mercy: (please kneel)

All: You expired, Jesus, but the source of life gushed forth for souls and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in you. (3 times)

Celebrant: Our Father, who art in heaven, hallowed by Thy name.
Thy kingdom come, Thy will be done on earth as it is
in heaven.

**All: Give us this day our daily bread and forgive us our
trespasses, as we forgive those who trespass
against us, and lead us not into temptation, but
deliver us from evil. Amen.**

Celebrant: Hail Mary, full of grace, the Lord is with thee. Blessed
art thou among women and blessed is the fruit of thy
womb Jesus.

**All: Holy Mary, Mother of God, pray for us sinners now
and at the hour of our death. Amen.**

Celebrant: I believe in God, the Father Almighty, Creator of heaven
and earth; and in Jesus Christ, His only Son, our Lord;
Who was conceived by the Holy Spirit, born of the
Virgin Mary, suffered under Pontius Pilate, was
crucified, died, and was buried. He descended into
Hell; on the third day He rose again from the dead. He
ascended into Heaven, and is seated at the right hand
of God, the Father Almighty; from thence He shall
come to judge the living and the dead.

**All: I believe in the Holy Spirit, the Holy Catholic
Church, the communion of saints, the forgiveness
of sins, the resurrection of the body and life
everlasting. Amen.**

On the **Our Father beads:**

Cantor: Eternal Father, I offer You the Body and the Blood, Soul
and Divinity of Your Dearly Beloved Son, Our Lord Jesus
Christ,

**All: In atonement for our sins and those of the whole
world.**

On the **Hail Mary beads:**

Cantor: For the sake of His sorrowful Passion,

All: Have mercy on us and on the whole world.

At the conclusion:

**All: Holy God, Holy Mighty One, Holy Immortal One,
have mercy on us and on the whole world. (3 times)**

Adoration: (please be seated for a time of silent reflection)

Meditation: Psalm 145 — Thanksgiving for Mercy

**All: Blessed is the one whose fault is removed, whose sin is
forgiven. Blessed is the man to whom the Lord imputes no
guilt, in whose spirit is no deceit. Therefore every loyal
person should pray to you in time of distress. Though flood
waters threaten, they will never reach him. You are my
shelter; you guard me from distress; with joyful shouts of
deliverance you surround me. Many are the sorrows of the
wicked one, but mercy surrounds the one who trusts in the
Lord. Be glad in the Lord and rejoice, you righteous; exult,
all you upright of heart.**

A Prayer for Divine Mercy: (please kneel)

ALL: O Greatly Merciful God, Infinite Goodness, today all mankind calls out from the abyss of its misery to Your mercy — to Your compassion, O God; and it is with its mighty voice of misery that it cries out. Gracious God, do not reject the prayer of this earth's exiles! O Lord, Goodness beyond our understanding, Who are acquainted with our misery through and through, and know that by our own power we cannot ascend to You, we implore You: anticipate us with Your grace and keep on increasing Your mercy in us, that we may faithfully do Your holy will all through our life and at death's hour. Let the omnipotence of Your mercy shield us from the darts of our salvation's enemies, that we may with confidence, as Your children, await Your final coming — that day known to You alone. And we expect to obtain everything promised us by Jesus in spite of all our wretchedness. For Jesus is our Hope: through His merciful Heart as through an open gate, we pass through to heaven.

St. Faustina, Pray for us

St. Maximilian Kolbe, Pray for us

St. John Paul II, Pray for us

Benediction:

TANTUM ERGO

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

**Genitori, Genitoque
Laus et jubilatio;
Salus, honor, virtus quoque
Sit et benedictio;
Procedenti ab utroque
Compar sit laudatio. Amen.**

Celebrant: You have given them bread from heaven.

All: Having within it all sweetness.

Celebrant: Let us pray.
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.

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 St. 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 to the end of time. Amen.

Closing Hymn: O Sacrament Most Holy

**O Jesus we adore you, who, in your love divine,
Conceal your mighty Godhead in forms of bread
and wine.**

**O sacrament most holy, O sacrament divine
All praise and all thanksgiving, be every moment
thine.**

**O Jesus we adore you, our victim and our priest,
Whose precious blood and body become our sa-
cred feast.**

**O sacrament most holy, O sacrament divine
All praise and all thanksgiving, be every moment
thine.**

**O Jesus we adore you, our savior and our king,
And with the saints and angels our humble hom-
age bring.**

**O sacrament most holy, O sacrament divine
All praise and all thanksgiving, be every moment
thine.**

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Praises of Divine Mercy (p.5-7): Diary 949-950

Chaplet of Divine Mercy—Opening Prayer (p.8): Diary 1319, 309

Chaplet of Divine Mercy (p.8-9): Diary 475

A Prayer for Divine Mercy (p.10): Diary 1570

Reading taken from Didache Bible: With Commentaries Based on the Catechism of the Catholic Church. Downers Grove, IL: Midwest Theological Forum, 2015.

All Psalms taken from <http://www.usccb.org/bible/psalms>

Entrance Hymn “Forty Days and Forty Nights” taken from Breaking Bread with Daily Mass Propers 2020, Portland, OR: OCP, 2019.

Final Hymn “O Sacrament Most Holy” taken from Breaking Bread with Daily Mass Propers 2020 Portland, OR: OCP, 2019.