

Forty Hours Devotion – Prayers for Each Hour of Adoration

Prayers at the Beginning of the Hour, cont.

St. Francis' Prayers of Adoration

I. From "The Parchment Given to Brother Leo" in *Francis and Clare*, 99-100:

You are holy, Lord, the only God, You do wonders (*Ps 76:15*).

You are strong, You are great, You are the most high,

You are the almighty King.

You, Holy Father, the King of heaven and earth (*Jn 17:11; Mt 11:25*).

You are Three in One, Lord God of gods (*see Ps 135:2*);

You are good, all good, the highest good,

Lord, God, living and true (*see I Thes 1:19*).

You are love, charity.

You are wisdom; You are humility; You are patience (*see Ps 70:5*);

You are beauty; You are meekness; You are security;

You are inner peace; You are joy; You are our hope and joy;

You are justice; You are moderation, You are all our riches

[You are enough for us].

You are beauty, You are meekness;

You are the protector (*see Ps 30:5*);

You are our guardian and defender;

You are our strength; You are our refreshment (*see Ps 42:2*).

You are our hope, You are our faith, You are our charity,

You are all our sweetness,

You are our eternal life:

Great and wonderful Lord,

God almighty, Merciful Savior.

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St. Francis' Prayers of Adoration

II. From "A Letter to the Entire Order" in *Francis and Clare*, 61:

Almighty, eternal, just and merciful God,
Grant us in our misery [the grace]
to do for You alone
what we know You want us to do
and always
to desire what pleases You.

Thus,
inwardly cleansed,
interiorly enlightened,
and inflamed by the fire of the Holy Spirit,
may we be able to follow
in the footprints of Your beloved Son,
our Lord Jesus Christ.

And,
by your grace alone,
may we make our way to You,
Most High,
who live and rule
in perfect Trinity and simple Unity,
and are glorified
God all-powerful
forever and ever.

Amen.

Forty Hours Devotion – Prayers for Each Hour of Adoration

Prayers at the Beginning of the Hour, cont.

Litany of the Holy Eucharist

Leader/All:

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

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

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

God the Father of heaven, *have mercy on us.*

God the Son, Redeemer of the world, *have mercy on us.*

God the Holy Spirit, *have mercy on us.*

Holy Trinity, one God, *have mercy on us.*

Jesus, eternal high priest of the Eucharistic sacrifice, *have mercy on us.*

Jesus, hidden under the appearance of bread, *have mercy on us.*

Jesus, dwelling in the tabernacles of the world, *have mercy on us.*

Jesus, really, truly, and substantially present in the Blessed Sacrament, *have mercy on us.*

Jesus, abiding in Your fullness, Body, Blood, Soul and Divinity, *have mercy on us.*

Jesus, Bread of life, *have mercy on us.*

Jesus, Bread of angels, *have mercy on us.*

Jesus, with us always until the end of the world, *have mercy on us.*

Sacred Host, summit and source of all worship and Christian life, *have mercy on us.*

Sacred Host, sign and cause of the unity of the Church, *have mercy on us.*

Sacred Host, spiritual food, *have mercy on us.*

Sacred Host, Sacrament of love, *have mercy on us.*

Sacred Host, bond of charity, *have mercy on us.*

Sacred Host, greatest aid to holiness, *have mercy on us.*

Sacred Host, gift and glory of the priesthood, *have mercy on us.*

Sacred Host, in which we partake of Christ, *have mercy on us.*

Sacred Host, in which the soul is filled with grace, *have mercy on us.*

Sacred Host, in which we re given a pledge of future glory, *have mercy on us.*

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

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

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

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Prayers at the Beginning of the Hour, cont.

Litany of the Holy Eucharist, cont.

For those who do not believe in Your Eucharistic presence, *have mercy, O Lord.*

For those who are indifferent to the Sacrament of Your love, *have mercy, O Lord.*

For those who have offended You in the holy Sacrament of the Altar, *have mercy, O Lord.*

That we may show fitting reverence when entering Your holy temple, *we beseech You, hear us.*

That we may make suitable preparation before approaching the altar, *we beseech You, hear us.*

That we may receive You frequently in Holy Communion with real devotion and true humility, *we beseech You, hear us.*

That we may never neglect to thank You for so wonderful a blessing, *we beseech You, hear us.*

That we may cherish time spent in silent prayer before You, *we beseech You, hear us.*

That we may grow in knowledge of this Sacrament of sacraments, *we beseech You, hear us.*

That all priests may have a profound love of the Holy Eucharist, *we beseech You, hear us.*

That they may celebrate the Holy Sacrifice of the Mass in accordance with its sublime dignity, *we beseech You, hear us.*

That we may be comforted and sanctified with Holy Viaticum at the hour of our death, *we beseech You, hear us.*

Lamb of God, You take away the sins of the world, *spare us, O Lord.*

Lamb of God, You take away the sins of the world, *graciously hear us, O Lord.*

Lamb of God, You take away the sins of the world, *have mercy on us, O Lord.*

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. *Amen.*

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Prayers at the Beginning of the Hour, cont.

Spiritual Communion

My Savior and my God! I am not worthy to appear before Thee, for I am a poor sinner; yet I approach Thee with confidence in Thy goodness and mercy, for Thou hast said, “Come to Me, all you that labor and are heavy laden, and I will refresh you.” Thou wilt not despise a contrite and humble heart. I am truly sorry for my sins, because by them I have offended Thee, who are infinitely good. Whatever may have been my foolish transgressions in the past, I love Thee now above all things, and with all my heart. I have a great desire, a vehement longing, O divine Spouse of my soul, to receive Thee in Holy Communion, and since I cannot now receive Thee in the Blessed Sacrament, I beseech Thee to come to me spiritually and to refresh my soul with Thy sweetness.

Come, my Lord, my God, and my All! Come to me, and let me never again be separated from Thee by sin. Teach me Thy blessed ways; help me with Thy grace to practice meekness, humility, charity, and all the virtues of Thy Sacred Heart. Receive me, as one who wishes to follow Thee, and let me live and labor and suffer and pray in union with Thee, for the glory of God, for the accomplishment of the heavenly Father’s will, and for the salvation of souls. Jesus, I give Thee my heart with all its affections, my soul with all its powers, and my body with all its senses. My divine Master, help me with Thy grace, that I may be ever mindful of Thy presence, and that I may be faithful to the end in Thy service. Bless me in life and in death, that I may praise Thee forever in heaven. *Amen.*

Suggested Additional Prayers during the Hour

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| The Rosary* | Scriptures (Bible or <i>St. Isaac Jogues Missal</i>) |
| Divine Mercy Chaplet* | Silent prayer and listening |

Hymns found in the St. Michael Hymnal (*sung or recited as poetry*)

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|-----------------------------|-------------------------------------|
| #407 Adoremus in Aeternum | #593 Jesus, My Lord, My God, My All |
| #408 Adoro Te Devote | #667 O Jesus, We Adore Thee |
| #444 Ave Verum Corpus | #670 O Living Bread from Heaven |
| #513 Ecce Panis | #672 O Lord, I Am Not Worthy |
| #541 Godhead Here in Hiding | #706 Pange Lingua |
| | #709 Panis Angelicus |

See pamphlet, “How to Make a Holy Hour,” for guided meditation

* *These and other prayers are available on the myParish app; select the “Prayers” icon*

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Prayers at the End of the Hour (5 min. before the end of the hour - sung or recited)

III

T Antum ergo Sacraméntum ve-ne-rémur cérnu- i :

et antiqum do-cuméntum novo cedat rí- tu- i : praestet

fi-des suppleméntum sénsu- um de- féctu- i. Ge-ni- tó- ri,

Ge-ni-tóque laus et iu-bi-lá-ti- o, sa-lus, honor, virtus

quoque sit et bene-dícti- o : pro-ce-dénti ab utróque

compar sit lau-dá- ti- o. A-men.

5. In face of so great a mystery, therefore, let us bow down and worship; let precepts of the Ancient Law give way to the new Gospel rite; and let faith assist us and help us make up for what senses fail to perceive.

6. Unto the Father and the Son, our praise and our joyful singing; unto whom saving power, honor and might, and every holy blessing; and to the Spirit who proceeds from both, an equal tribute of glory.
Amen.

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Prayers at the End of the Hour, cont. (sung or recited)

The Divine Praises

Rev. Msgr. Richard J. Schuler

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B Lessed be God. Blessed be his Ho-ly Name. Blessed be Je-sus
Christ, true God and true man. Blessed be the Name of Je-sus. Blessed
be his Most Sacred Heart. Blessed be his Most Precious Blood. Blessed
be Je-sus in the Most Ho-ly Sacrament of the Al-tar. Blessed be the Ho-
ly Spir-it, the Consol-er. Blessed be the great Mother of God, Ma-ry
most ho-ly. Blessed be her ho-ly and Immac-u-late Conception. Blessed
be her glo-ri-ous Assumption. Blessed be the name of Ma-ry, Vir-gin
and Moth-er. Blessed be Saint Jo-seph, her most chaste spouse. Blessed
be God in his angels and in his saints.

Hymn of Thanksgiving (see *St. Michael Hymnal* #561 for additional verses)

Holy God, we praise thy name; Lord of all, we bow before thee!

All on earth, thy scepter claim, All in heav'n above adore thee;

Refrain: Infinite thy vast domain, Everlasting is thy reign. [Repeat refrain.]