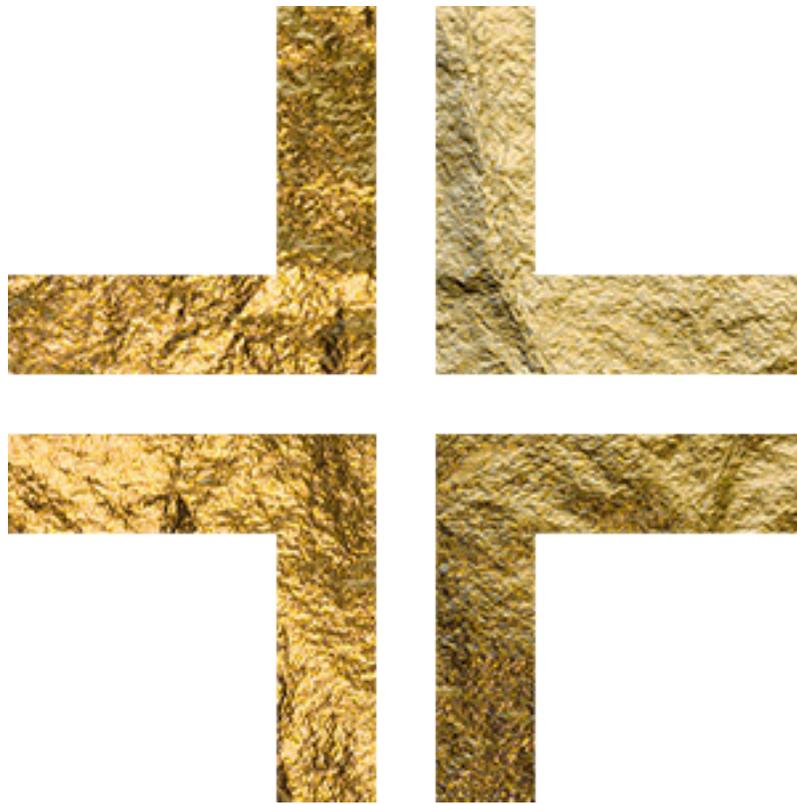


# Holy Hour

for Eucharistic Renewal

*For Parishes*



CULTIVATING CONNECTIONS IN CHRIST



## Introductory Notes:

For these Holy Hours, parishes can use the following script, other devotions, or the Holy Hour can simply be a designated hour of already scheduled adoration.

One opportunity for common prayer across parishes will be reflections written by Bishop Joensen. Additionally members of our Diocese will be invited to submit their own reflections, and these will be compiled and shared by the Diocese. If using these reflections, it is recommended to use one per holy hour and rotate use.

Additionally, parishes are encouraged to pray Evening Prayer during the Holy Hour. Parishes can purchase access to printable Evening Prayer booklets at [ebreviary.com](http://ebreviary.com). This allows parishes to print booklets for individual use during the Holy Hour.

For additional resources to assist parishes in holy hours and exposition, you can draw from the Order for the Solemn Exposition of the Holy Eucharist, available on [litpress.org](http://litpress.org).



# *The Blessed Sacrament is Exposed in the Usual Way*

## **Opening Prayer**

Let Us Pray:

God, the Father of mercies, you sent your Son into the world as Redeemer of the human race;  
Grant that we who adore Jesus in the Blessed Sacrament may give authentic witness to you and seek to spread to all peoples the joy and peace of your children, which Christ the Lord merited by his sacrifice.  
Who lives and reigns with you in the unity of the Holy Spirit,  
one God, forever and ever,

R:/ AMEN

At this time, Evening Prayer can be prayed. Evening Prayer may be replaced by another fitting devotion or by silent prayer.

*A reminder that when the Blessed Sacrament is exposed, the altar is not incensed during the Magnificat.*

**After a period of silence a reflection on Eucharistic Revival may be used, followed by additional time for silent prayer.**

## **Before Benediction, the following prayer is said:**

Draw near, Almighty God, Father of our Lord Jesus Christ,

Who in your spirit first breathed over the waters of creation,  
In your eternal design, you commanded your son to institute his Eucharist  
as the memorial of his suffering and death, giving us food for our  
weary pilgrimage towards eternity,

Even now you accompany us in every time and place by your  
unfailing love,

We beseech you, Lord, Send your renewing grace upon our Diocese,  
May all hearts be purified, drawn into ever greater Eucharistic devotion,  
and inspired to share your love and peace.

May comfort be given to the suffering: health to the sick, relief to the isolated,  
strength to the fearful,

May the dead be given rest, mourners comfort, and caregivers support,

May our parishes, communities, diocese, and country be united in ever greater  
bonds of communion, so that, strengthened by your unfailing grace, we may  
serve you in love, glorifying you in all things.

In offering the witness of our faith, may we remain strong and steadfast in Christ,  
so that by imitating on earth your Son, who came not to be served but to serve, we  
may be found worthy to reign in heaven with him.

Who lives and reigns with you in the unity of the Holy Spirit,  
one God forever and ever.

Amen.

## **The Blessed Sacrament is now incensed and Benediction follows in the usual manner.**

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. Amen.

## ***Anthem of Praise***

### **The Divine Praises or another Anthem (Holy God We Praise Thy Name) may be used**

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.

**The Blessed Sacrament is reposed during or after the Anthem of Praise.**

**A Hymn of Thanksgiving (Holy God We Praise Thy Name or another appropriate hymn) may optionally be sung at the conclusion of the Holy Hour.**

