

LITURGICAL HOUR

1. Hymn

during which the Blessed Sacrament is exposed

2. Opening Prayer

Priest: We kneel in the presence of God
the source of true life,
the centre of our Christian life.
Let us pray to him from the depths of our hearts.

pause for silent prayer

God our Father,
we thank you for the gift of your Son,
who became a man like us,
suffered and died on the cross
and rose again for our redemption.
Help us to come closer to you
through His body, given for us,
and from which all good things come.
We ask this through Christ our Lord.



ALL: AMEN

3. Scripture Reading

4. Litany of the Holy Eucharist (NCCB)

Priest: Lord, have mercy

ALL: Lord, have mercy

Christ, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Jesus, the Most High

Response after each invocation:

have mercy on us

Jesus, the holy One

Jesus, Word of God

Jesus, only Son of the Father

Jesus, Son of Mary

Jesus, crucified for us

Jesus, risen from the dead

Jesus, reigning in glory

Jesus, coming in glory

Jesus, our Lord

Jesus, our hope

Jesus, our peace

Jesus, our Saviour

Jesus, our salvation

Jesus, our resurrection

Jesus, judge of all

Jesus, Lord of the Church

Jesus, Lord of creation

Jesus, Lover of all
Jesus, life of the world
Jesus, freedom for the imprisoned
Jesus, joy of the sorrowing
Jesus, giver of the Spirit
Jesus, giver of good gifts
Jesus, source of new life
Jesus, Lord of life
Jesus, eternal high priest
Jesus, priest and victim
Jesus, true Shepherd
Jesus, true Light
Jesus, bread of heaven
Jesus, bread of life
Jesus, bread of thanksgiving
Jesus, life-giving bread
Jesus, holy manna
Jesus, new covenant
Jesus, food for everlasting life
Jesus, food for our journey
Jesus, holy banquet
Jesus, true sacrifice
Jesus, perfect sacrifice
Jesus, eternal sacrifice
Jesus, divine Victim
Jesus, Mediator of the new covenant
Jesus, mystery of the altar
Jesus, mystery of faith
Jesus, medicine of immortality
Jesus, pledge of eternal glory
Jesus, Lamb of God, you take away
the sins of the world: **have mercy on us**
Jesus, Bearer of our sins, you take away
the sins of the world: **have mercy on us**
Jesus, Redeemer of the world, you take away
the sins of the world: **have mercy on us**
Christ, hear us
Christ, hear us
Christ, graciously hear us
Christ, graciously hear us
Lord Jesus, hear our prayer
Lord Jesus, hear our prayer

Priest: Father in heaven, you have made us for
yourself; our hearts are restless until they rest in
you. Fulfil this longing through Jesus, the Bread of
Life, so that we may witness to him who alone
satisfies the hungers of the human family. By the
power of your Spirit, lead us to the heavenly table
where we may feast on the vision of your glory for
ever and ever.

ALL: AMEN

5. Chant

6. Meditation Prayer

Priest: Brothers and sisters,
we share in the gift of Christ's body,

given to us in the form of bread,
given to us for all time.
This sacred food from heaven
brings us together in unity
as part of the one body of Christ.
In this sacrament
we are drawn to share in God's life
a foretaste of the glory of heaven.
Heavenly Father,
our human words are not enough to thank you.
Our human minds cannot penetrate this mystery.
Open our hearts to sing your praises.
Open our minds to your Spirit of wisdom and love.
Help us to know that we are one.
Show us the way to be more closely united to you,
through your Son
whose body and blood we eat and drink,
through the love and fire of the Spirit.
ALL: AMEN.

7. Silent Prayer

approximately 30 minutes



*"The worship of the Eucharist outside of the Mass is of inestimable value for the life of the Church. ... It is pleasant to spend time with him, to lie close to his breast like the Beloved Disciple and to feel the infinite love present in his heart. If in our time Christians must be distinguished above all by the 'art of prayer', how can we not feel a renewed need to spend time in spiritual converse, in silent adoration, in heartfelt love before Christ present in the Most Holy Sacrament? How often, dear brother and sisters, have I experienced this, and drawn from it strength, consolation and support?" (John Paul II *Ecclesia de Eucharistia* 25)*

8. Intercessions

Priest: At the supper to which all are invited, Christ gives his body and blood for the life of the world. Earnestly we beseech him, saying:

Response after each petition:

**R/. Lord Jesus Christ, feed us
with the Bread of eternal life.**

Lord Jesus Christ, Son of the living God, you have commanded us to celebrate the Eucharistic meal in remembrance of you. Enrich your Church with the worthy celebration of these mysteries.

Lord Jesus Christ, eternal high priest, you have committed to your priests the ministration of your sacraments. Help them to do their part in your work with the unfailing gladness of genuine charity. Lord Jesus Christ, Manna from heaven, you make into one all who share the one Bread. Grant peace and concord to all who believe in you.

Lord Jesus Christ, heavenly physician, you give an eternal remedy and a pledge of resurrection to those who eat your Bread. Grant health to the ailing and a real hope to sinners.

*Other petitions may be added here spontaneously,
either aloud or in silence*

Lord Jesus Christ, King who is to come, we know that whenever we celebrate these mysteries, we proclaim your death until you come again. Bring all those who have died to share your resurrection.

Our Father

9. Eucharistic Hymn

Priest: Let us pray
Lord Jesus Christ,
you gave us the Eucharist
as the memorial of your suffering and death.
May our worship of this sacrament
of your body and blood
help us to experience the salvation you won for us
and the peace of the kingdom
where you live with the Father and the Holy Spirit,
one God, for ever and ever.
ALL: AMEN

10. Benediction

11. Reposition

*During the Reposition of the Blessed
Sacrament, all say together 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 spouse most chaste.
Blessed be God in His Angels and in His Saints.

12. Marian Anthem