

Suggestions for Use

The prayers and readings of this Holy Hour may be used in various ways for private devotion, alone or in groups. To extend the prayers and meditations over an hour's time it is suggested that the oral parts of the holy hour be initiated every ten minutes, followed by silent meditation and adoration. For example,

On the hour: **Opening** of exposition or Opening Song/Hymn

Five minutes after the hour: Reading 1

Fifteen minutes after the hour: **Psalm**

Twenty-five minutes after the hour: **Reading 2**

Thirty-five minutes after the hour: **Gospel Reading**

Forty-five minutes after the hour: **Intercessions** for priestly and religious vocations

Fifty-five minutes after the hour: **Closing** Prayer and Closing Hymn or close of exposition

Following the *Leader Copy*, below, is a participant version laid out in two columns, landscape format, which may be printed front-to-back on 8 ½" x 11" paper, for a one-sheet worship aid.

Suggested Scripture readings

Reading 1	Jeremiah 1:4-9
Reading 2	1 Timothy 4:10-16
Gospel	John 21:15-17
Reading 1	Acts 10:34,37-43
Reading 2	1 Corinthians 11:23-26
Gospel	John 21:15-19
Reading 1	Colossians 3:1-4
Reading 2	Romans 12:3-13
Gospel	John 10:11-18
Reading 1	Acts 4:8-12
Reading 2	Ephesians 4:1-7,11-13
Gospel	John 16:23b-27
Reading 1	Isaiah 6:6-8
Reading 2	2 Corinthians 5:14-20
Gospel	Luke 9:57-62
(Advent)	
Reading 1	Isaiah 40:1-5,9-11
Reading 2	2 Peter 3:8-14
Gospel	Mark 1:1-8
(Christmas)	
Reading 1	Isaiah 62:1-5
Reading 2	Acts 13:16-17,22-25
Gospel	John 1:1-5,9-14

Partial list of suggested music

(from *Order for the Solemn Exposition of the Holy Eucharist*)

Be Thou My Vision
Where Charity and Love Prevail
Come, My Way, My Truth, My Life
Confitemini Domino
Day Is Done, But Love Unfailing
Father, We Thank Thee Who Hast Planted
Gift of Finest Wheat
Glorious in Majesty
God of Day and God of Darkness
What Wondrous Love
Holy God, We Praise Thy Name
Here I Am, Lord
O Jesus, We Adore Thee
I Am the Bread of Life
Immortal, Invisible, God Only Wise
Lord of All Hopefulness
Jesu, Jesu, Fill Us with Your Love
Jesus, My Lord, My God, My All
Hail Our Savior's Glorious Body/Pange Lingua
Tantum Ergo/Down in Adoration Falling
Panis Angelicus
Sing, My Tongue, the Savior's Glory
O Salutaris/O Saving Victim
The Servant Song
In Christ There Is No East or West
O Radiant Light
Humbly We Adore Thee
Adoro Te Devote
At that First Eucharist

Holy Hour of Prayer for Those Called to Priesthood and Religious Life

(Leader Copy)

[If priest or deacon opening Exposition of the Blessed Sacrament, sing "O Saving Victim/ O Salutaris" or, if Sacrament already exposed or not to be exposed, sing gathering hymn]

(Stand) **Gathering Song/ Hymn**_____

**Leader: Praised be God: Father, Son and Holy Spirit.
Blessed be God forever.**

All: Blessed be God forever.

(Be seated) **Reading 1** Deuteronomy 32:1-4,7,9-12

Silent reflection

Leader: Let us pray together from Psalm 34, alternating right and left sides.

(Psalm 34:2-11)

(R) I will bless the Lord at all times;
praise shall be always in my mouth.
My soul will glory in the Lord
that the poor may hear and be glad.
Magnify the Lord with me;
let us exalt his name together.

(L) I sought the Lord, who answered me,
delivered me from all my fears.
Look to God that you may be radiant with joy
and your faces may not blush for shame.

(R) In my misfortune I called,
the Lord heard and saved me from all distress.
The angel of the Lord, who encamps with them,
delivers all who fear God.

(L) Fear the Lord, you holy ones;
nothing is lacking to those who fear him.
The powerful grow poor and hungry,
but those who seek the Lord lack no good thing.
(Kneel or be seated)

Silent meditation and adoration

(Be seated) **Reading 2** 1 Timothy 1:1-5,12-17

Silent reflection

(Stand) **Gospel Acclamation** (either sung or omitted)

(Stand) **Gospel Reading** Matthew 17:1-9

(Be seated. **Oral reflection** may be read. Priest or deacon may give a homily.)

(Kneel or be seated) **Silent meditation and adoration**

(Stand) **Leader: Let us pray to our heavenly Father for the needs of the world and for priestly and religious vocations.**

Leader: For the Holy Father, Pope Benedict XVI, and for all bishops, that God will give them the grace and wisdom to touch the lives and hearts of many during this Year of Faith, we pray...

All: Lord, hear our prayer.

Leader: For the Church throughout the world, that this Year of Faith may be a time of spiritual renewal and personal encounter with Christ for people everywhere, we pray...

All: Lord, hear our prayer.

Leader: May the Holy Spirit guide the Church during the Year of Faith so that all Catholics may experience a deepened renewal of faith, hope and love, we pray...

All: Lord, hear our prayer.

Leader: As this Year of Faith begins, may it be a time of an outpouring of the Holy Spirit on all parents, catechists, clergy and lay faithful who share the gift of the faith with others, we pray...

All: Lord, hear our prayer.

Leader: May this Year of Faith fill our parish community with an outpouring of virtue, we pray...

All: Lord, hear our prayer.

Leader: May the faithful grow in understanding and love of the calls to marriage and the single life, realizing the vital role these vocations play in the work of evangelization, we pray...

All: Lord, hear our prayer.

Leader: May young people be inspired by this Year of Faith to listen attentively and respond to God's call to priesthood and religious life, we pray...

All: Lord, hear our prayer.

Leader: This we pray You, Father, through Your Son, Christ our Lord.

All: Amen.

Leader: Mary, Model of Faith,

All: Pray for us.

(Adapted from Intercessions for the Year of Faith, USCCB website.)

(Kneel or be seated) **Silent meditation and adoration**

(Stand) **Closing Prayer**

Leader: Let us pray.

Lord our God, teach us to cherish in our hearts
the paschal mystery of your Son
by which you redeemed the world.
Watch over the gifts of grace our love has given us
and bring them to fulfillment in the glory of heaven.
We ask this through Christ our Lord.

All: Amen.

[If priest or deacon closing Exposition of the Blessed Sacrament (Kneel) Hymn: "Tantum Ergo/ Down in Adoration Falling," Prayer, Blessing, Divine Praises]

(Stand) **Closing Hymn** _____

Prayer for the New Evangelization

“Everyone who calls on the name of the Lord will be saved.’ But how can they call on him in whom they have not believed? And how can they believe in him of whom they have not heard? And how can they hear without someone to preach? And how can people preach unless they are sent?”

–Romans 10: 13-15

Heavenly Father,
Pour forth your Holy Spirit to inspire me
with these words from Holy Scripture.
Stir in my soul the desire
to renew my faith and deepen my relationship
with your Son, our Lord Jesus Christ
so that I might truly believe in and live the Good News.

Open my heart to hear the Gospel
and grant me the confidence
to proclaim the Good News to others.
Pour out your Spirit,
so that I might be strengthened to go forth
and witness to the Gospel in my everyday life
through my words and actions.

In moments of hesitation, remind me:
If not me, then who will proclaim the Gospel?
If not now, then when will the Gospel be proclaimed?
If not the truth of the Gospel, then what shall I proclaim?

God, our Father, I pray that through the Holy Spirit
I might hear the call of the New Evangelization
to deepen my faith, grow in confidence to proclaim the Gospel and
boldly witness to the saving grace
of your Son, Jesus Christ,
who lives and reigns with you,
in the unity of the Holy Spirit,
one God, for ever and ever.
Amen.

(USCCB website)