

# *Holy Hour*

**Wednesday of the 1st Week of Lent**

**Exposition, Evening Prayer, Litany, Benediction**



## HYMN OF PRAISE

Pange, lingua, gloriosi  
Corporis mysterium  
Sanguinisque pretiosi,  
Quem in mundi pretium  
Fructus ventris generosi  
Rex effudit gentium.

Nobis datus, nobis natus  
Ex intacta Virginae,  
Et in mundo conversatus,  
Sparso verbi semine,  
Sui moras incolatus  
Miro clausit ordine.

God, come to my assistance.

**Lord, make haste to help me.**

Glory to the Father, and to the Son, and to the Holy Spirit:  
**as it was in the beginning, is now, and will be forever. Amen.**

## PSALMODY

Ant. 1 The Lord is my light and my help; whom shall I fear?

Psalm 27

The Lord is my light and my help;  
whom shall I fear?

The Lord is the stronghold of my life;  
before whom shall I shrink?

**When evil-doers draw near  
to devour my flesh,  
it is they, my enemies and foes,  
who stumble and fall.**

Though an army encamp against me  
my heart would not fear.

Though war break out against me  
even then would I trust.

**There is one thing I ask of the Lord,  
for this I long,  
to live in the house of the Lord,  
all the days of my life,  
to savor the sweetness of the Lord,  
to behold his temple.**

For there he keeps me safe in his tent  
in the day of evil.

He hides me in the shelter of his tent,  
on a rock he sets me safe.

**And now my head shall be raised  
above my foes who surround me  
and I shall offer within his tent  
a sacrifice of joy.**

I will sing and make music for the Lord.

**Glory to the Father, and to the Son, and to the Holy Spirit**  
as it was in the beginning, is now, and will be forever. Amen.  
Ant. The Lord is my light and my help; whom shall I fear?

Ant. 2 I long to look on you, O Lord; do not turn your face from me.  
O Lord, hear my voice when I call;  
have mercy and answer.  
Of you my heart has spoken:  
“Seek his face.”

**It is your face, O Lord, that I seek;  
hide not your face.  
Dismiss not your servant in anger;  
you have been my help.**

Do not abandon or forsake me,  
O God my help!  
Though father and mother forsake me,  
the Lord will receive me.

**Instruct me, Lord, in your way;  
on an even path lead me.  
When they lie in ambush protect me  
from my enemy's greed.  
False witnesses rise against me,  
breathing out fury.**

I am sure I shall see the Lord's goodness  
in the land of the living.  
Hope in him, hold firm and take heart.  
Hope in the Lord!

**Glory to the Father, and to the Son, and to the Holy Spirit**  
as it was in the beginning, is now, and will be forever. Amen.  
Ant. I long to look on you, O Lord; do not turn your face from me.

Ant. 3 He is the first-born of all creation; in every way  
the primacy is his.

Colossians 1:12-20

Let us give thanks to the Father  
for having made you worthy  
to share the lot of the saints  
in light.

**He rescued us  
from the power of darkness  
and brought us  
into the kingdom of his beloved Son.  
Through him we have redemption,  
the forgiveness of our sins.**

He is the image of the invisible God,  
the first-born of all creatures.  
In him everything in heaven and on earth was created,  
things visible and invisible.

**All were created through him;  
all were created for him.  
He is before all else that is.  
In him everything continues in being.**

It is he who is head of the body, the church!  
he who is the beginning,  
the first-born of the dead,  
so that primacy may be his in everything.

**It pleased God to make absolute fullness reside in him  
and, by means of him, to reconcile everything in his person,  
both on earth and in the heavens,  
making peace through the blood of his cross.**

Glory to the Father, and to the Son, and to the Holy Spirit  
**as it was in the beginning, is now, and will be forever. Amen.**

Ant. He is the first-born of all creation; in every way  
the primacy is his.

Work with anxious concern to achieve your salvation. It is God who, in his good will toward you, begets in you any measure of desire or achievement. In everything you do, act without grumbling or arguing; prove yourselves innocent and straightforward, children of God beyond reproach.

## RESPONSORY

To you, O Lord, I make my prayers for mercy.

**To you, O Lord, I make my prayers for mercy.**

Heal my soul for I have sinned against you.

**I make my prayers for mercy.**

Glory to the Father, and to the Son, and to the Holy Spirit,

**To you, O Lord, I make my prayers for mercy.**

## CANTICLE OF MARY

Ant. As Jonah was three days and three nights in the belly of the whale, so will the Son of Man spend three days and three nights in the heart of the earth.

My soul proclaims the greatness of the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.

Luke 1:46-55

**From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.**

He has mercy on those who fear him  
in every generation.

**He has shown the strength of his arm,  
he has scattered the proud in their conceit.**

He has cast down the mighty from their thrones,  
and has lifted up the lowly.

**He has filled the hungry with good things,  
and the rich he has sent away empty.**

He has come to the help of his servant Israel  
for he has remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.

**Glory to the Father, and to the Son, and to the Holy Spirit:**  
as it was in the beginning, is now, and will be forever. Amen.

Ant. As Jonah was three days and three nights in the belly of the  
whale, so will the Son of Man spend three days and three nights in  
the heart of the earth.

#### INTERCESSIONS

Blessed be almighty God, who watches over us as a Father; he  
knows all our needs but wants us to seek first his kingdom. Let us  
cry out to him as his people:

**May your kingdom come, that justice may reign.**

Father of all holiness, you gave us Christ as the shepherd of our souls; stay  
with your shepherds and the flock entrusted to them, do not leave this  
flock without the loving care of its shepherd,  
do not leave your shepherds without an obedient flock to follow them.

**May your kingdom come, that justice may reign.**

Teach Christians to help the weak with loving care,  
and in serving them to serve your Son.

**May your kingdom come, that justice may reign.**

Gather into your Church those who do not yet believe,  
and help them to build it up by good deeds done for love of you.

**May your kingdom come, that justice may reign.**

Help us to turn to you for forgiveness,  
and, as you forgive us, reconcile us also with your Church.

**May your kingdom come, that justice may reign.**

May the dead pass from this world to eternal life,  
to be with you forever.

**May your kingdom come, that justice may reign.**

Our Father...

CONCLUDING PRAYER

Look kindly, Lord, we pray,  
on the devotion of your people,  
that those who by self-denial are restrained in body  
may by the fruit of good works be renewed in mind.

Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, forever and ever.

**Amen.**



# Litany of the Holy Eucharist

Lord, have mercy  
Christ, have mercy  
Lord, have mercy

**Lord, have mercy**  
**Christ, have mercy**  
**Lord, have mercy**

**Have mercy on us**

Jesus, the Most High  
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 Savior  
Jesus, our salvation  
Jesus, our resurrection  
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, 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, graciously hear us  
Lord Jesus, hear our prayer

**Christ, hear us**  
**Christ, graciously hear us**  
**Lord Jesus, hear our prayer**

## Benediction Hymn: Tantum Ergo



1. Tan - tum er - go Sac - ra - mén - tum Ve - ne - ré - mur  
2. Ge - ni - tó - ri, Ge - ni - tó - que Laus et ju - bi -



1. cér - nu - i: Et an - tí - quum do - cu - mén - tum  
2. lá - ti - o, Sa - lus, ho - nor, vir - tus quo - que



1. No - vo ce - dat rí - tu - i: Prae - stet fi - des  
2. Sit et be - ne - dí - cti - o: Pro - ce - dén - ti



1. sup - ple - mén - tum Sén - su - um de - fé - ctu - i.  
2. ab u - tró - que Com - par sit lau - dá - ti - o.

You have given them bread from heaven.

**Having all sweetness within it.**

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, forever and ever.

### Benediction

*Please bless yourself with the sign of the cross as you receive the Benediction of the Most Blessed Sacrament in the Monstrance.*

**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.**

## HYMN OF THANKS

Holy God, we praise Thy Name;  
Lord of all, we bow before Thee!  
All on earth Thy scepter claim,  
All in Heaven above adore Thee;  
Infinite Thy vast domain, Everlasting is Thy reign.  
Infinite Thy vast domain, Everlasting is Thy reign.

Hark! the loud celestial hymn,  
Angel choirs above are raising:  
Cherubim and seraphim,  
In unceasing chorus praising,  
Fill the heavens with sweet accord,  
Holy, Holy, Holy Lord!