

# *Holy Hour*

**Wednesday of the 2nd Week of Lent**

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



## HYMN OF PRAISE

O salutáris Hóstia  
Quae caeli pandis óstium.  
Bella premunt hostília;  
Da robur, fer auxiliúm.

Uni trinóque Dómino  
Sit sempitérna glória:  
Qui vitam sine término,  
Nobis donet in pátria. Amen.

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 Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.

Psalm 62

In God alone is my soul at rest;  
my help comes from him.  
He alone is my rock, my stronghold,  
my fortress: I stand firm.

**How long will you all attack one man  
to break him down,  
as though he were a tottering wall,  
or a tumbling fence?**

Their plan is only to destroy:  
they take pleasure in lies.  
With their mouth they utter blessing  
but in their heart they curse.

**In God alone be at rest, my soul;  
for my hope comes from him.  
He alone is my rock, my stronghold,  
my fortress: I stand firm.**

In God is my safety and glory,  
the rock of my strength.  
Take refuge in God, all you people.  
Trust him at all times.  
Pour out your hearts before him  
for God is our refuge.

**Common folk are only a breath,  
great men an illusion.  
Placed in the scales, they rise;  
they weigh less than a breath.**

Do not put your trust in oppression  
nor vain hopes on plunder.  
Do not set your heart on riches  
even when they increase.

**For God has said only one thing:  
only two do I know:  
that to God alone belongs power  
and to you, Lord, love;  
and that you repay each man  
according to his deeds.**

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. Eagerly we await the fulfillment of our hope, the glorious coming of our Savior.

Ant. 2 May God turn his radiant face toward us and fill us with his blessings.

Psalm 67

O God, be gracious and bless us  
and let your face shed its light upon us.  
So will your ways be known upon earth  
and all nations learn your saving help.

**Let the peoples praise you, O God;  
let all the peoples praise you.**

Let the nations be glad and exult  
for you rule the world with justice.  
With fairness you rule the peoples,  
you guide the nations on earth.

**Let the peoples praise you, O God;  
let all the peoples praise you.**

The earth has yielded its fruit  
for God, our God, has blessed us.  
May God still give us his blessing  
till the ends of the earth revere him.

**Let the peoples praise you, O God;  
let all the peoples praise you.**

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. May God turn his radiant face toward us and fill us with his blessings.

Ant. 3 Through him all things were made; he holds all creation together in himself.

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. Through him all things were made; he holds all creation together in himself.

BRIEF READING          Philippians 2:12b-15a

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 prayer for mercy.

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

Heal my soul, for I have sinned against you.

**I make my prayer for mercy.**

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

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

CANTICLE OF MARY

Ant. The Son of Man will be handed over to the Gentiles to be mocked, scourged and crucified; and on the third day he will rise again.

Luke 1:46-55

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.

**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. The Son of Man will be handed over to the Gentiles to be mocked, scourged  
and crucified; and on the third day he will rise again.

#### INTERCESSIONS

All glory and honor to God, for in the blood of Christ he has ratified a new and  
everlasting covenant with his people, and renews it in the sacrament of the altar.

**Bless your people, Lord.**

Lord, guide the minds and hearts of peoples and all in public office,  
may they always seek the common good.

**Bless your people, Lord.**

Renew the spirit of dedication in those who have left all to follow Christ,  
may they give clear witness to the holiness of the Church.

**Bless your people, Lord.**

You have made all men and women in your image,  
may they always uphold human dignity.

**Bless your people, Lord.**

Lead back to your friendship and truth all who have gone astray,  
teach us how to help them.

**Bless your people, Lord.**

Grant that the dead may enter into your glory,  
to praise you forever.

**Bless your people, Lord.**

Our Father...

CONCLUDING PRAYER

Keep your family, O Lord,  
schooled always in good works,  
and so comfort them with your protection here  
as to lead them graciously to gifts on high.  
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 Name

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

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

## **Have mercy on us**

God our Father in heaven  
God the Son, Redeemer of the  
    world  
God the Holy Spirit  
Holy Trinity, one God  
Jesus, Son of the living God  
Jesus, splendor of the Father  
Jesus, brightness of everlasting  
light  
Jesus, king of glory  
Jesus, dawn of justice  
Jesus, Son of the Virgin Mary  
Jesus, worthy of our love  
Jesus, worthy of our wonder  
Jesus, mighty God  
Jesus, father of the world to come  
Jesus, prince of peace  
Jesus, all-powerful  
Jesus, pattern of patience  
Jesus, model of obedience  
Jesus, gentle and humble of heart  
Jesus, lover of chastity  
Jesus, lover of us all

Jesus, God of peace  
Jesus, author of life  
Jesus, model of goodness  
Jesus, seeker of souls  
Jesus, our God  
Jesus, our refuge  
Jesus, father of the poor  
Jesus, treasure of the faithful  
Jesus, Good Shepherd  
Jesus, the true light  
Jesus, eternal wisdom  
Jesus, infinite goodness  
Jesus, our way and our life  
Jesus, joy of angels  
Jesus, king of patriarchs  
Jesus, teacher of apostles  
Jesus, master of evangelists  
Jesus, courage of martyrs  
Jesus, light of confessors  
Jesus, purity of virgins  
Jesus, crown of all saints

## **Jesus, save your people**

Lord, be merciful  
From all evil  
From every sin  
From the snares of the devil  
From your anger  
From the spirit of infidelity  
From everlasting death  
From neglect of your Holy Spirit  
By the mystery of your  
incarnation  
By your birth  
By your childhood

By your hidden life  
By your public ministry  
By your agony and crucifixion  
By your abandonment  
By your grief and sorrow  
By your death and burial  
By your rising to new life  
By your return in glory to the  
Father  
By your gift of the holy Eucharist  
By your joy and glory

Christ, hear us  
Lord Jesus, hear our prayer  
Lamb of God, you take away  
the sins of the world  
Lamb of God, you take away  
the sins of the world  
Lamb of God, you take away  
the sins of the world

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

**Have mercy on us**

**Have mercy on us**

**Have mercy on us**

## 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!

## Lent 2023 Week 2

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