

Holy Hour

Wednesday of the 3rd 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 Virginæ,
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.

Ant. 1 Those who sow in tears will reap in joy.

Psalm 126

When the Lórd delivered Síon from bóndage,
it séemed like a dréam.

Thén was our móuth filled with láughter,
on our líps there were sóngs.

**The héathens themséives said: ‘What márvels
the Lórd worked for thém!’**

What márvels the Lórd worked for ús!

Indéed we were glád.

Deliver us, O Lord, from our bondage
as streams in dry land.

Those who are sowing in tears
will sing when they reap.

**They go out, they go out, full of tears,
carrying seed for the sowing:
they come back, they come back, full of song,
carrying their sheaves.**

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. Those who sow in tears will reap in joy.

Ant. 2 May the Lord build our house and guard our city.

Psalm 127

If the Lord does not build the house,
in vain do its builders labor;
if the Lord does not watch over the city,
in vain does the watchman keep vigil.

**In vain is your earlier rising,
your going later to rest,
you who toil for the bread you eat,
when he pours gifts on his beloved while they slumber.**

Truly sons are a gift from the Lord,
a blessing, the fruit of the womb.
Indeed the sons of youth
are like arrows in the hand of a warrior.

**O the happiness of the man
who has filled his quiver with these arrows!
He will have no cause for shame
when he disputes with his foes in the gateways.**

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 the Lord build our house and guard our city.

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.

BRIEF READING Philippians 2:12b-15a

Work out your own salvation with fear and trembling; for God is at work in you, both to will and to work for his good pleasure. Do all things without grumbling or questioning, that you may be blameless and innocent, children of God.

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 one who obeys God's law and teaches others to do so will be great in the kingdom of heaven.

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 one who obeys God's law and teaches others to do so will be great in the kingdom of heaven.

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

Grant, we pray, O Lord, that, schooled through Lenten observance and nourished by your word, through holy restraint we may be devoted to you with all our heart and be ever united in prayer.

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

Lent 2023 Week 3