

Holy Hour

Wednesday of the 4th Week of Lent

Exposition, Evening Prayer, Litany, Benediction



HYMN OF PRAISE

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

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 Lord, how wonderful is your wisdom, so far beyond my understanding.

Psalms 139:1-18, 23-24

O Lord, you search me and you know me,
you know my resting and my rising,
you discern my purpose from afar.
You mark when I walk or lie down,
all my ways lie open to you.

**Before ever a word is on my tongue
you know it, O Lord, through and through.
Behind and before you besiege me,
your hand ever laid upon me.
Too wonderful for me this knowledge,
too high, beyond my reach.**

O where can I go from your spirit,
or where can I flee from your face?
If I climb the heavens, you are there.
If I lie in the grave, you are there.

**If I take the wings of the dawn
and dwell at the sea's furthest end,
even there your hand would lead me,
your right hand would hold me fast.**

If I say: "Let the darkness hide me
and the light around me be night,"
even darkness is not dark for you
and the night is as clear as the day.

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. Lord, how wonderful is your wisdom, so far beyond my understanding.

Ant. 2 I am the Lord: I search the mind and probe the heart; I give to each one
as his deeds deserve.

For it was you who created my being,
knit me together in my mother's womb.
I thank you for the wonder of my being,
for the wonders of all your creation.

**Already you knew my soul
my body held no secret from you
when I was being fashioned in secret
and molded in the depths of the earth.**

Your eyes saw all my actions,
they were all of them written in your book;
every one of my days was decreed
before one of them came into being.

**To me, how mysterious your thoughts,
the sum of them not to be numbered!
If I count them, they are more than the sand;
to finish, I must be eternal, like you.**

O search me, God, and know my heart.
O test me and know my thoughts.
See that I follow not the wrong path
and lead me in the path of life eternal.

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 am the Lord: I search the mind and probe the heart; I give to each one as
his deeds deserve.

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.

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. By myself, says the Lord, I can do nothing. I judge as I am told to judge, and my sentence is just.

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. By myself, says the Lord, I can do nothing. I judge as I am told to judge, and
my sentence is just.

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.
Let us lift up our voices in prayer:

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

O God, who reward the merits of the just
and offer pardon to sinners who do penance,
have mercy, we pray, on those who call upon you,
that the admission of our guilt
may serve to obtain your pardon for our sins.
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 Sacred Heart

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

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

Heart of Jesus...

Son of the Eternal Father
formed by the Holy Spirit in the womb
of the Virgin Mother
substantially united to the Word of God
of Infinite Majesty
Sacred Temple of God
Tabernacle of the Most High
House of God and Gate of Heaven
burning furnace of charity
abode of justice and love
full of goodness and love
abyss of all virtues
most worthy of all praise
king and center of all hearts
in whom are all treasures of wisdom
and knowledge
in whom dwells the fullness of divinity

Have mercy on us

in whom the Father was well pleased
of whose fullness we have all received
desire of the everlasting hills
patient and most merciful
enriching all who invoke You
fountain of life and holiness
atonement for our sins
loaded down with opprobrium
bruised for our offenses
obedient to death
pierced with a lance
source of all consolation
our life and resurrection
our peace and our reconciliation
victim for our sins
salvation of those who trust in You
hope of those who die in You
delight of all the Saints

Lamb of God, you take away the sins of the world

Spare us, O Lord

Lamb of God, you take away the sins of the world

Graciously hear us, O Lord

Lamb of God, you take away the sins of the world

Have mercy on us

Jesus, meek and humble of heart.

Make our hearts like Yours

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 4