

ORDER of PRAYERS-4

OPENING PRAYER

This short introductory prayer is traditional in our Society. It helps us to set the tone, spirit, and purpose of our recitation.

ALL KNEEL

Leader as all bless themselves with the Sign of the Cross.

In the name of the Father, the Son, and the Holy Spirit. Amen.

O Sacrament most holy, O Sacrament divine.

All All praise and all thanksgiving be ever yours.

Leader Blessed be the holy and immaculate Conception.

All Of the Blessed Virgin Mary, Mother of God.

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THE INVITATION TO PRAYER

PSALM 95

ALL STAND and make the Sign of the Cross on their lips as the Leader says:

Leader O Lord, open my lips

All and I will proclaim your praise.

Leader Come, let us adore Christ, the Lord, the bread of life.

Leader Come let us sing to the Lord and shout with joy to the Rock who saves us. Let us approach him with praise and thanksgiving, and sing joyful songs to the Lord.

All Come, let us adore Christ, the Lord, the bread of life.

Right Reader The Lord is God, the mighty God, the great king over all the gods. He holds in his hands the depths of the earth and the highest mountains as well. He made the sea; it belongs to him, the dry land, too, for it was formed by his hands.

All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Come, then, let us bow down in worship, bending the knee before the Lord, our maker. For he is our God and we are his people, the flock he shepherds.

All Come, let us adore Christ, the Lord, the bread of life.

Leader Today, listen to the voice of the Lord: Do not grow stubborn, as your fathers did in the wilderness, when at Meriba and Massa they challenged me and provoked me, although they had seen all of my works.

All Come, let us adore Christ, the Lord, the bread of life.

Right Reader Forty years I endured that generation. I said, "They are a people whose hearts go astray and they do not know my ways." So I swore in my anger, "They shall not enter into my rest."

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All Come, let us adore Christ, the Lord, the bread of life.

Left Reader Glory be to the Father, the Son, and the Holy Spirit.

All As it was in the beginning, is now, and ever shall be. Amen.

Come, let us adore Christ, the Lord, the bread of life.

Leader I have longed

All To eat this meal with you before I suffer.

PSALM 104 – I

Leader

This Psalm, which in this hour is broken into three sections, covers a long list of the gifts the Almighty has showered on man – the glories of nature that reflect to the praise of our wonderful God. As we pray this Psalm we are reminded of the long list of graces God has bestowed on us personally, not the least of which is the Holy Eucharist.

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Leader Bless the Lord, my soul!

All SIT

Right Side Lord God, how great you are,

Left Side Clothed in majesty and glory, *
wrapped in light as in a robe!

R. You stretch out the heavens like a tent.*
Above the rains you build your dwelling.

L. You make the clouds your chariot,*
you walk on the wings of the wind.

R. You make the winds your messengers *
and flashing fire your servants.

- L. You founded the earth on its base, *
to stand firm from age to age.
- R. You wrapped it with the ocean like a
cloak: *
the waters stood higher than the moun-
tains.
- L. At your threat they took to flight; *
at the voice of your thunder they fled.
- R. They rose over the mountains and flow-
ed down *
to the place which you had appointed.
- L. You set limits they might not pass *
lest they return to cover the earth.
- R. You make springs gush forth in the val-
leys: *
they flow in between the hills.
- L. They give drink to all the beasts of the
field; *
the wild-asses quench their thirst.
- R. On their banks dwell the birds of heaven; *
from the branches they sing their song.
- All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.
- All I have longed to eat this meal with you
before I suffer.

Right Reader STANDS

Right Reader Christ the Lord is a priest forever

All In the line of Melchisedech; he offered
up bread and wine.

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PSALM 104 – II

Right Reader From your dwelling you water
the hills; *

Right Reader SITS

Right Side Earth drinks its fill of your gift.

Left Side You make the grass grow for the
cattle *

R. and the plants to serve man's needs,
That he may bring forth bread from the
earth *

L. and wine to cheer man's heart;
Oil, to make him glad *

R. and bread to strengthen man's heart.
The trees of the Lord drink their fill, *
the cedars he planted on Lebanon.

L. There the birds build their nests: *
on the tree-top the stork has her home,
R. The goats find a home on the mountains*
and rabbits hide in the rocks.

L. You made the moon to mark the
months; *
the sun knows the time for its setting.
R. When you spread the darkness it is
night*

and all the beasts of the forest creep
forth.

L. The young lions roar for their prey *
and ask their food from God.

R. At the rising of the sun they steal away *
and go to rest in their dens.

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- L. Man goes forth to his work, *
to labor till evening falls.
- All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.
- All Christ, the Lord, is a priest forever in
the line of Melchisedech; he offered up
bread and wine.

Left Reader STANDS

Left Reader They recognized the Lord Jesus

All In the breaking of the bread.

PSALM 104 – III

Left Reader How many are your works, O Lord!
In wisdom you have made them all. *

Left Reader SITS

Left Side The earth is full of your riches.

Right Side There is the sea, vast and wide,
with its moving swarms past count-
ing, *

living things great and small.

L. The ships are moving there *
and the monsters you made to play with.

R. All of these look to you *
to give them their food in due season.

L. You give it, they gather it up: *
you open your hand, they have their fill.

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R. You hide your face, they are dismayed;
you take back your spirit, they die, *
returning to the dust from which they
came.

L. You send forth your spirit, they are
created; *
and you renew the face of the earth.

R. May the glory of the Lord last forever! *
May the Lord rejoice in his works!

L. He looks on the earth, and it trembles; *
the mountains send forth smoke at his
touch.

R. I will sing to the Lord all my life, *
make music to my God while I live.

L. May my thoughts be pleasing to him. *
I find my joy in the Lord.

R. Let sinners vanish from the earth, and
the wicked exist no more. *
Bless the Lord, my soul.

All Glory be to the Father, the Son, and the
Holy Spirit.
As it was in the beginning, is now, and
ever shall be. Amen.

All They recognized the Lord in the break-
ing of the bread.

Leader STANDS

Leader He gave them bread from heaven,

All Man has eaten the bread of angels.

Leader A reading from the Book of Exodus.
(12:21-32)

The Jewish people had been in exile in Egypt for several generations, and subjected to an always increasing oppression from the Pharaoh, king of Egypt, who feared their numbers and their influence. Day and night the people prayed to God that He would deliver them and bring them back to their homeland. The Almighty finally heard their plea and appointed Moses to lead them to a land of promise. An enterprise involving thousands and thousands of people could hardly have been done without attracting the notice of Pharaoh. So Moses sought his permission to lead the Jewish people out of Egypt. But the king wasn't about to give up the cheap labor of the Jews! He kept refusing to give his permission. It was to make him change his mind about that that God visited Egypt with a series of evils known as the "Plagues," the greatest of which was the death of the first-born in every home not marked with the blood of the Passover Lamb. In precise detail, God had instructed His people through Moses and Aaron how to prepare and sacrifice the lamb, and what to do with its blood. The blood-mark would serve to identify the Jewish homes and spare their first-born as the angel of destruction went over the land. The death of all the Egyptian first-born that night finally broke the king's resolve and he permitted the Jews to start on their long trek to the Promised Land. The Passover Lamb had saved and delivered God's chosen people! (Pause a moment here.)

Moses called all the elders of Israel, and said to them (as he had been instructed by the Almighty): "Select lambs for yourselves according to your families, and slay the passover lamb. Take a bunch of hyssop and dip it in the blood which is in the basin, and touch the lintel and the two doorposts with the blood which is in the basin; none of you shall go out of the door of his house until the morning. For the Lord will

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pass through to slay the Egyptians; and when he sees the blood on the lintel and on the two doorposts, the Lord will pass over the door, and will not allow the destroyer to enter your houses to slay you. You shall observe this rite as an ordinance for you and for your sons forever. And when you come to the land which the Lord will give you, as he has promised, you shall keep this service. And when your children say to you, 'What do you mean by this service?' you shall say, 'It is the sacrifice of the Lord's passover, for he passed over the houses of the people of Israel in Egypt, when he slew the Egyptians but spared our houses.'"

And the people bowed their heads and worshiped.

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At midnight the Lord smote all the first-born in the land of Egypt, from the first-born of Pharaoh who sat on his throne, to the first-born of the captive who was in the dungeon, and all the first-born of the cattle. And Pharaoh rose up in the night, he, and all his servants, and all the Egyptians; and there was a great cry in Egypt, for there was not a house where one was not dead. And he summoned Moses and Aaron by night, and said: "Rise up, go forth from among my people, both you and the people of Israel; and go serve the Lord as you have said. Take your flocks and your herds, and be gone, and you will be doing me a favor also."

The Leader SITS for at least two minutes to give the adorers time to think on what he has just read to them.

Leader STANDS

Leader The sons of Israel shall take some of

the blood of the lamb, and put it on two doorposts and the lintel of their houses.

All This blood shall serve as a sign to you.

Leader You were ransomed with the precious blood of Christ, like that of a lamb without blemish.

All This blood shall serve as a sign to you.

Leader SITS

Reader (*Optional Left or Right*) STANDS

Reader A reading from a treatise of Saint Gaudentius.

From earliest Christianity, the Passover Lamb was recognized as a prefigure, a type of Christ. When he introduced our Lord to the world, Saint John the Baptist could find no more meaningful way to do it than to call Him "Lamb of God who takes away the sins of the world."

The similarity and link between the Passover Lamb and Christ is easy to see. Just as the blood of the sacrificed Passover Lamb assured the safe passage and deliverance of the Israelites from the oppressive bondage of the Egyptian King, so the blood of Christ, shed for us on Calvary and given to us in the Holy Eucharist, saves us from the slavery of sin. To the Israelites the blood of the Passover Lamb was the identifying mark that saved them from death; to us Christians, the blood of Christ is the source of our redemption from the death of sin.

Saint Gaudentius in the following passage expresses the relationship between the blood of the Old Testament figure, and the blood of the New Testament reality as well as anyone has ever done. (Pause a few moments here.)

One man died for all. In every house, that is in every church, the mystery of the

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bread and wine, being sacrificed, Christ restores us; being believed, he gives us life; and being consecrated, he sanctifies those who consecrate.

This is the Lamb's flesh; this is his blood. For the bread who came down from heaven declared: "The bread which I shall give is my flesh for the life of the world." It is right that the appearance of wine should be the sign of his blood, for he said himself in the gospel: "I am the true vine." These words show that any wine offered as a sign of his passion is his blood. For this reason, the patriarch Jacob had prophesied concerning the Messiah in these words: "He will wash his garments in wine and his vesture in the blood of grapes." For he was destined to put on the garments of our body, and wash them in his own blood.

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He is the creator and lord of all natures. He makes the earth yield bread, and then makes from the bread his own body; for this he promised, and this he has power to do. He made wine from water, and from wine he makes his own blood.

"It is the Lord's Pasch" — that is, the Lord's Passover. For you are not to regard this heavenly effect as something earthly; it was produced through Christ, and Christ passes into it, and has made it his own body and blood.

What you receive is the body of that heavenly Bread, the blood of that sacred Vine. For when he offered the consecrated bread and wine to his disciples, he said: "This is my body; this is my blood." We believe in him; so let us believe his words. Truth cannot lie.

When Jesus was speaking to the crowd about eating his flesh and drinking his blood,

they were bewildered and murmured: "This is a hard saying, and who can listen to it?" So to purge away with heavenly fire those thoughts which I have just told you to avoid, he added these words: "It is the spirit that gives life, the flesh is of no avail. The words that I have spoken to you are spirit and life."

Reader SITS and pauses for at least two minutes to give the adorers time to think on what he has just read to them.

Reader STANDS

Reader Cleanse out the old leaven that you may be a new batch of bread, for Christ, our Paschal Lamb, has been sacrificed.

All Let us celebrate the Sacred Mystery in honor of the Lord.

Reader He was put to death for our sins and raised to life for our justification.

All Let us celebrate the Sacred Mystery in honor of the Lord.

All STAND

Leader Let us pray (Pause a moment here)

Lord, Jesus Christ, you gave your Church an admirable sacrament as the abiding memorial of your passion. Teach us so to worship the sacred mystery of your Body and Blood, that its redeeming power may sanctify us always, for you live and reign with the Father and the Holy Spirit, one God, for ever and ever.

All Amen.

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ANTIPHON IN HONOR OF THE BLESSED
VIRGIN MARY

Leader Hail, Holy Queen,

All Mother of mercy, our life, our sweetness
and our hope. *

To you do we cry, poor banished chil-
dren of Eve. *

To you do we send up our sighs, mourn-
ing and weeping in this vale of tears. *

Turn, then, most gracious advocate, your
eyes of mercy toward us, *

and after this our exile, show us the
blessed fruit of your womb, Jesus. *

O clement, O loving, O sweet Virgin
Mary!

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All SIT

Here the Leader announces a period of
silent meditative prayer. (5-7 minutes)

MORNING PRAYER

All STAND

Leader O God, come to my assistance.

All Lord, make haste to help me.

All Glory be to the Father, the Son, and the Holy Spirit.

As it was in the beginning, is now, and ever shall be. Amen.

The following hymn may be recited or sung – preferably sung, whenever possible. *See No. 280 of the General Instruction on the Liturgy of the Hours.* Any other better known hymn to the Blessed Sacrament may be substituted for this one, if so desired.

H Y M N

Leader

Forth from on high the Father sends

Right Side

His Son, who yet stays by his side.

The Word made man, for man then spends

His life till life's last eventide.

Left Side

While Judas plans the traitor's sign,

The mocking kiss that Love betrays,

Jesus in form of bread and wine

His loving sacrifice displays.

Right Side

He gives himself that faith may see

The heavenly food on which men feed,

That flesh and blood of man may be

Fed by his Flesh and Blood, indeed.

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Left Side

By birth he makes himself man's kin;
As food before his guests he lies;
To death he bears man's cross of sin;
In heaven he reigns as man's blest prize.

Right Side

O Priest and Victim, Lord of Life,
Throw wide the gates of Paradise!
We face our foes in mortal strife;
Thou art our strength! O heed our cries!

Left Side

To Father, Son, and Spirit blest,
One only God, be ceaseless praise!
May he in goodness grant us rest
In heaven, our home, for endless days!

Leader You fed your people with the bread of
angels;

All You gave them bread from heaven.

PSALM 118

(Leader)

*This Psalm is a prayer of thanks for victory
against countless enemies. The Psalm sings
the praise of God who turned a rejected
building stone into a cornerstone, the most
important of all. Christ was rejected and be-
came the cornerstone of Christianity.*

Leader Give thanks to the Lord for he is good,*

All SIT

Right Side For his love endures for ever.

Left Side Let the sons of Israel say: *
"His love endures for ever."

- R. Let the sons of Aaron say: *
 "His love endures for ever."
- L. Let those who fear the Lord say: *
 "His love endures for ever."
- R. I called to the Lord in my distress; *
 he answered and freed me.
- L. The Lord is at my side; I do not fear. *
 What can man do against me?
- R. The Lord is at my side as my helper: *
 I shall look down on my foes.
- L. It is better to take refuge in the Lord *
 than to trust in men:
- R. It is better to take refuge in the Lord *
 than to trust in princes.
- L. The nations all encompassed me; *
 in the Lord's name I crushed them.
- R. They compassed me, compassed me
 about; *
 in the Lord's name I crushed them.
- L. They compassed me about like bees;
 they blazed like a fire among thorns. *
 In the Lord's name I crushed them.
- R. I was hard-pressed and was falling *
 but the Lord came to help me.
- L. The Lord is my strength and my song; *
 he is my savior.
- R. There are shouts of joy and victory, *
 in the tents of the just.
- L. The Lord's right hand has triumphed; *
 his right hand raised me.
- R. The Lord's right hand has triumphed; I
 shall not die, I shall live *

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and recounts his deeds.

L. I was punished, I was punished by the Lord, *
but not doomed to die.

R. Open to me the gates of holiness: *
I will enter and give thanks.

L. This is the Lord's own gate *
where the just may enter.

R. I will thank you for you have answered*
and you are my savior.

L. The stone which the builders rejected *
has become the corner stone.

R. This is the work of the Lord, *
a marvel in our eyes.

L. This day was made by the Lord; *
we rejoice and are glad.

R. O Lord, grant us salvation; *
O Lord, grant success.

L. Blessed in the name of the Lord *
is he who comes.

R. We bless you from the house of the Lord; *
the Lord God is our light.

L. Go forward in procession with branches*
even to the altar.

R. You are my God, I thank you. *
My God, I praise you.

L. Give thanks to the Lord for he is good;*
for his love endures for ever.

All Glory be to the Father, the Son, and the Holy Spirit.

As it was in the beginning, is now, and
ever shall be. Amen.

All You fed your people with the bread of
angels; you gave them bread from
heaven.

Right Reader STANDS

Right Reader Holy Priests

All Will offer incense and bread.

CANTICLE (*Daniel 3:52-57*)

(Right Reader)

*For refusing to adore the statue of
Nabuchadnezzar, three youths were thrown
into a fiery furnace. Miraculously saved, they
sang this canticle. Their praises we apply to
Christ Eucharistic.*

Right Reader May you be blessed, Lord, God
of our ancestors, *

Right Reader SITS

Right Side Be praised and extolled forever.

Left Side Blessed be your glorious and holy
name, *
praised and extolled forever.

R. May you be blessed in the temple of your
sacred glory, *
exalted and glorified above all forever:

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- L. Blessed on the throne of your kingdom,*
praised and exalted above all forever:
R. Blessed are you who fathom the great
depths, enthroned on the cherubs, *
praised and exalted above all forever:
L. Blessed are you in the vault of heaven,*
exalted and glorified above all else for-
ever.
- All Holy priests will offer incense and bread
to God.

Left Reader STANDS

Left Reader I will give to the victorious

All The hidden bread and a new name.

PSALM 150

(Left Reader)

*This is the last Psalm in the Book of Psalms.
It is an exuberant hymn of praise to God
for His goodness. Remembering what the
Blessed Sacrament means to us, we use the
words of the Psalm to glorify our Savior.*

Left Reader Praise the Lord in his holy place, *

Left Reader SITS

Left Side Praise him in his mighty heavens.

Right Side Praise him for his powerful deeds, *
praise his surpassing greatness.

L. O praise him with sound of trumpet, *
praise him with lute and harp.

R. Praise him with timbrel and dance, *
praise him with strings and pipes.

L. O praise him with resounding cymbals, *
praise him with clashing of cymbals.

R. Let everything that lives and breathes *
give praise to the Lord.

All Glory be to the Father, the Son, and the
Holy Spirit.

As it was in the beginning, is now, and
ever shall be. Amen.

All I will give to the victorious the hidden
bread and a new name.

Leader STANDS

Leader A short reading from Saint Paul's First
Letter to the Christians in the city of
Corinth. (10: 16 - 17)

The cup of blessing for which we give
thanks to God: do we not share in the
blood of Christ when we drink from this
cup? And the bread we break: do we not
share in the body of Christ when we eat
this bread? Because there is the one
bread, all of us, though many, are one
body; for we all share the same bread.

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Leader SITS and pauses for a couple of minutes
to allow the adorers to think on what he
has just read to them.

All STAND

Leader He gave them bread from heaven.

All He gave them bread from heaven.

Leader Man has eaten the bread of angels.

All He gave them bread from heaven.

Leader Glory be to the Father, the Son, and the Holy Spirit.

All He gave them bread from heaven.

Leader How kind and gentle you are, O Lord!

All You showed your kindness to your sons by giving them bread from heaven. You filled the hungry with good things, and the rich you sent away empty.

GOSPEL CANTICLE (*Luke 1:68-79*)

Right Reader, as all sign themselves with the Sign of the Cross:

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Blessed be the Lord, the God of Israel;*

Right Side He has come to set his people free.

Left Side He has raised up for us a mighty Savior, *

born of the house of his servant David.

R. Through his holy prophets he promised of old that he would save us from our enemies, *

from the hands of all who hate us.

L. He promised to show mercy to our fathers *

and to remember his holy covenant.

R. This was the oath he swore to our father Abraham: *

to set us free from the hand of our enemies,

L. Free to worship him without fear, * holy and righteous in his sight all the days of our life.

- R. You, my child, shall be called the prophet of the Most High *
for you will go before the Lord to prepare his way,
- L. To give his people knowledge of salvation *
by the forgiveness of their sins.
- R. In the tender compassion of our God *
the dawn from on high shall break upon us,
- L. To shine on those who dwell in darkness and the shadow of death, *
and to guide our feet on the road to peace.
- All Glory be to the Father, the Son, and the Holy Spirit.
As it was in the beginning, is now, and ever shall be. Amen.
- All How kind and gentle you are, Lord! You showed your kindness to your sons by giving them bread from heaven. You filled the hungry with good things, and the rich you sent away empty.

INTERCESSIONS

- Leader Christ invites all to the supper in which he gives his Body and Blood for the world. Let us ask him:
- All Christ, the bread of heaven, grant us everlasting life.
- Leader Christ, Son of the living God, you commanded that this Eucharistic Mystery be done in memory of you,

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- All Enrich your Church through the faithful celebration of the Holy Eucharist.
- Right Reader Christ, eternal priest of the Most High, you have commanded your priests to renew the saving Mystery of the Cross,
- All May they exemplify in their lives the great Mystery they celebrate.
- Right Reader Christ, bread from heaven, you unite into one body all who partake of the one bread,
- All Refresh with peace and harmony all who believe, and share in the one bread.
- Left Reader Christ, through your bread you offer the source of immortality and the pledge of future resurrection,
- All Restore hope to sinners, and health to all our sick and suffering.
- Left Reader Christ, priest and victim, ever present in the Blessed Sacrament, strengthen our faith and our love,
- All Make our Society and its members ever true to their commitment of sharing in the sorrow and prayer of your Agony.
- Leader Christ, King and Redeemer, you commanded that the Eucharist be celebrated as a proclamation of your death and resurrection,
- All Grant that as we praise you in your redemptive action, our deceased fellow members will obtain eternal resurrection in you.
- Leader We pause a few moments to formulate our personal intentions.

Here adorers are encouraged to make known and share their intentions. They should be brief and direct. When all have spoken. . .

Leader Lord, we have made known and shared with each other our needs,

All In your goodness hear our confident prayers.

Leader And now gathering our praises and prayers into one, let us offer the prayer Christ himself was good enough to teach us:

All Our Father who art in heaven;
Hallowed be thy name;
Thy kingdom come;
Thy will be done on earth as it is in heaven;
Give us this day our daily bread;
Forgive us our trespasses as we forgive those who trespass against us;
And lead us not into temptation, but deliver us from evil.

Leader Let us pray. (Pause a moment here)

Leader Lord Jesus Christ, you gave us the Holy 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.

All Amen.

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Leader May the Lord bless us, protect us from
all evil, and bring us to everlasting life.

All Amen.

All KNEEL

Leader Prayer to our Lady of the Blessed
Sacrament.

All O Virgin Immaculate, Mother of Jesus
and our own Mother, our Lady of the
most Blessed Sacrament, we honor you.
It was from you that our Savior, present
and living in the Holy Eucharist, took his
flesh and blood, – the same flesh and
blood which he offered in sacrifice to
the Father, and with which he feeds us
in Holy Communion. Give us a deeper
appreciation of the Eucharistic Mystery,
an unwavering loyalty to the words of
your Son: “This is my body... this is my
blood,” a practical faith in what the
Holy Eucharist means to the Church. In-
crease our love for Christ whose living
presence we honor by our presence here.
May we be blessed through your inter-
cession, for, in the divine plan, it was
you who made it possible for us to re-
ceive the source of life, our Lord, Jesus
Christ, your Son, who lives and reigns
in the Holy Eucharist for love of us.
Amen.

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All SIT

- The Leader announces a period of silent prayer stating how many minutes it will last (usually 5 - 7 minutes).
- When that time is over he announces one of the prayers in PART III (pages 137-160), Prayer of Adoration, or Thanksgiving, or Reparation, or Petition.

N.B. The idea is to offer variety by using different sections every month. If there is time two sections may be used - for example adoration and reparation, one month; thanksgiving and petition, another month; adoration and thanksgiving, etc., etc. in any combination, different each month. The Moderator will determine what practice to follow.

- Five minutes before the end of the hour the Leader says:

Prayers for the Deceased, page 161.

- He finishes the Hour with Prayers for the intentions of the Holy Father, to gain the Plenary Indulgence granted for the Hour.

Our Father (once)

Hail Mary(once)

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