

ORDER of PRAYERS-2

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 éver 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.

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

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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."

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 Day and night

All We cry to you, our God.

PSALM 88

(Right Reader)

This Psalm is the anguished prayer of a very sick person. All of us are more or less sick spiritually. We cry to God for help, confident that He takes care of us through the Bread of life.

Right Reader Lord my God, I call for help by day; *

All SIT

Right Side I cry at night before you.

Left Side Let my prayer come into your presence. *

O turn your ear to my cry.

R. For my soul is filled with evils; *
my life is on the brink of the grave.

L. I am reckoned as one in the tomb: *

I have reached the end of my strength,

R. Like one alone among the dead; *
like the slain lying in their graves;

L. Like those you remember no more, *
cut off, as they are, from your hand.

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- R. You have laid me in the depths of the tomb, *
in places that are dark, in the depths.
- L. Your anger weighs down upon me: *
I am drowned beneath your waves.
- R. You have taken away my friends *
and made me hateful in their sight.
- L. Imprisoned, I cannot escape; *
my eyes are sunken with grief.
- R. I call to you, Lord, all the day long; *
to you I stretch out my hands.
- L. Will you work your wonders for the dead? *
Will the shades stand and praise you?
- R. Will your love be told in the grave *
or your faithfulness among the dead?
- L. Will your wonders be known in the dark *
or your justice in the land of oblivion?
- R. As for me, Lord, I call to you for help: *
in the morning my prayer comes before you.
- L. Lord, why do you reject me? *
Why do you hide your face?
- R. Wretched, close to death from my youth, *
I have borne your trials; I am numb.
- L. Your fury has swept down upon me; *
your terrors have utterly destroyed me.
- R. They surround me all the day like a flood, *
they assail me all together.

L. Friend and neighbor you have taken
away: *
my one companion is darkness.

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 Day and night we cry to you, our God.

Leader STANDS

A short reading from the Book of Jere-
miah. (14:9)

You are in our midst, O Lord, your
name we bear; do not forsake us, O
Lord, our God.

The Leader SITS and pauses for a couple of min-
utes to allow the adorers to think on the
words he has just read.

All STAND

Right Reader Into your hands, Lord, we com-
mend our spirit. *

All Yes, Lord, into your hands we commend
our spirit.

Left Reader You have redeemed us, Lord, God
of truth.

All Into your hands, Lord, we commend our
spirit.

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

All Into your hands, Lord, we commend our
spirit.

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Leader Save us, Lord,

All While we are awake; protect us while we sleep; that we may keep watch with Christ and rest with him in peace.

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

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Leader Lord, now you let your servant go in peace;

All Your word has been fulfilled:

Leader My own eyes have seen the salvation

All Which you have prepared in the sight of every people:

Leader A light to reveal you to the nations

All And the glory of your people Israel.

Leader 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.

All Save us Lord, while we are awake; protect us while we sleep; that we may keep watch with Christ, and rest with him in peace.

Leader Let us pray (Pause a moment here)
Lord, fill this night with your radiance.
May we sleep in peace and rise with joy to welcome the light of a new day in your name. We ask this through Christ, our Lord.

All Amen.

All The Lord grant us a quiet night and a perfect end. Amen.

ANTIPHON IN HONOR OF THE BLESSED VIRGIN MARY

Leader Loving mother of the Redeemer,

All Gate of heaven, and star of the sea, assist your people who have fallen yet strive to rise again. To the wonderment of nature, you bore your Creator, yet remained a virgin after as before. You who received Gabriel's joyful greeting, have pity on us poor sinners.

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All SIT

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

OFFICE OF READINGS

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.

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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.

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 See how the Cross of the Lord
All Stands revealed as the tree of life!

PSALM 1

(Leader)

This Psalm compares the lot of the just – the tree planted by a good stream – and that of the wicked – the one driven like straw. The tree of the Cross is the well-planted tree bringing us salvation through the Eucharist.

Leader Happy indeed is the man *

All SIT

Right Side Who follows not the counsel of the wicked;

Left Side Nor lingers in the way of sinners *
nor sits in the company of scorners,

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R. But whose delight is the law of the Lord *

and who ponders his law day and night.

L. He is like a tree that is planted *
beside the flowing waters, that yields its fruit in due season

R. And whose leaves shall never fade; *
and all that he does shall prosper.

L. Not so are the wicked, not so, for they,
like winnowed chaff *
shall be driven away by the wind.

R. When the wicked are judged they shall not stand, *

L. nor find room among those who are just;
For the Lord guards the way of the just*
but the way of the wicked leads to doom.

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 See how the cross of the Lord stands revealed as the tree of life.

The Right Reader STANDS

Right Reader He who eats this bread

All Will live forever.

PSALM 2

(Right Reader)

God's chosen king is His own Son who rules "all nations." His rule is one of firmness and compassion. Firmness because it cost Him His life on the Cross. Compassion because He gives us the benefits of His death in the Holy Sacrifice of the Mass.

Right Reader Why this tumult among nations,*

Right Reader SITS

Right Side Among peoples this useless murmuring?

Left Side They arise, the kings of the earth, *
princes plot against the Lord and his
Anointed.

R. "Come, let us break their fetters, *
come, let us cast off their yoke."

L. He who sits in the heavens laughs; *
the Lord is laughing them to scorn.

R. Then he will speak in his anger, *
his rage will strike them with terror.

L. "It is I who have set up my king *
on Zion, my holy mountain."

R. I will announce the decree of the Lord:
the Lord said to me: "You are my Son. *

L. It is I who have begotten you this day.
Ask and I shall bequeath you the na-
tions, *

put the ends of the earth in your pos-
session.

R. With a rod of iron you will break them,*
shatter them like a potter's jar."

L. Now, O kings, understand, *
take warning, rulers of the earth;

R. Serve the Lord with awe *
and trembling, pay him your homage,

L. Lest he be angry and you perish; *
for suddenly his anger will blaze.

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R. Blessed are they who put their trust in God.

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 He who eats this bread will live forever.

Left Reader STANDS

Left Reader Lord, you are my protector;

All You have raised me up in glory.

PSALM 3

(Left Reader)

David wrote this Psalm after he ran away from his own son, Absalom. He expresses confidence that the Lord will help him "from his sacred hill." It is from the hill of Calvary and our altars that help comes to us.

Left Reader How many are my foes, O Lord!

Left Reader SITS

Left Side How many are rising up against me!

Right Side How many are saying about me: *
"There is no help for him in God."

L. But you, Lord, are a shield about me, *
my glory, who lift up my head.

R. I cry aloud to the Lord. *
He answers from his holy mountain.

L. I lie down to rest and sleep. *
I wake, for the Lord upholds me.

- R. I will not fear even thousands of people*
who are ranged on every side against me.
- L. Arise, Lord; save me, my God, you who
strike all my foes on the mouth, *
you who break the teeth of the wicked!
O Lord of salvation, bless your people!
- 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 Lord, you are my protector; you have
raised me up in glory.

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Leader STANDS

Leader I will go to the altar of God.

All My food is Christ who restores my
youth.

Leader A reading from the Letter to the
Hebrews. (9: 11 - 28)

*The excerpt we are about to read isn't the
easiest to understand! Yet it expresses a great truth that
goes to the very heart of the Eucharistic Mystery, and is
well worth our attentive study.*

*There is question here of two Covenants –
the Old Testament and the New Testament.*

*A covenant is nothing more than a special rela-
tionship between God and man.*

*In the Old Testament, it was God Himself who
offered a special relationship to His people. But He laid
down one condition – the keeping of His law, the ten
commandments. This covenant He confirmed and sealed
in blood – the blood of animals offered in sacrifice and
accepted by God; the blood sprinkled by Moses after
spelling out the ten commandments; the blood smeared*

on doorposts and recognized by the angel of God in his visitation of destruction; blood brought into the Holy of Holies by the High Priest. But for all its great value, this blood, as the Letter to the Hebrews says, could cleanse men only from sins against the law, and not men's consciences.

Then Christ came to establish a new and deeper relationship between God and man – one that went beyond the mere external observance of the law, and penetrated into the very depths of man's conscience. This New Testament, this new covenant, is also sealed in blood – not in animal blood, but in the blood of Christ. It was this blood that Christ took into the Holy of Holies, not a created one this time, but heaven itself; it was this blood He shed in sacrifice once for all, to cleanse our consciences and set us free; it is in this blood that He will appear a second time.

Now the Holy Eucharist we are worshipping by our presence here is Christ renewing His sacrifice, reentering into Heaven's Holy of Holies, sealing for us in His blood the new covenant, the new special relationship He came to establish between God and man. This is the basis on which the whole New Testament is built. (Pause a few moments, then read on.....)

Christ has already come as the High Priest of the good things that are already here. The tent in which he serves is greater and more perfect; it is not made by men, that is, it is not part of this created world. When Christ went through the tent and entered once and for all into the Most High Place, he did not take the blood of goats and calves to offer as sacrifice; rather he took his own blood and obtained eternal salvation for us.

For if the blood of goats and bulls, and the ashes of the burnt calf are sprinkled on those who are defiled so that they are cleansed of their impurity, how much more is accomplished by the blood of Christ! Through the eternal spirit he offered himself as a perfect sacrifice to God.

His blood will clean our consciences from dead works, so that we may worship the living God.

For this reason Christ is mediator of a new covenant, so that those who have been called by God may receive the eternal blessings that God has promised. This is possible through his death which sets men free from the wrongs they did while they were under the first covenant.

Where there is a will, it has to be proved that the man who made it has died, before it can become effective. A will means nothing while the man who made it is alive; it goes into effect only after his death. That is why even the first covenant was made good only through the use of blood.

Take Moses. He first told the people all the commandments as set forth in the Law. Then he took the blood of calves, together with water, and sprinkled both the book of the Law and all the people with hyssop and scarlet wool. He said: "This is the blood which seals the covenant that God has commanded you to obey." In the same way, Moses also sprinkled the blood on the tent and over all the things used in worship. Indeed, according to the Law, almost everything is made clean by blood; and sins are forgiven only if blood is poured out.

These things, which are copies of the heavenly originals, had to be made clean in this way. But the heavenly things themselves require much better sacrifices. For Christ did not go into a holy place made by men, a copy of the real one. He went into heaven itself, where he now appears on our behalf in the presence of God. The Jewish High Priest goes into the Holy Place

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every year with the blood of an animal. But Christ did not go in to offer himself many times, for then he would have had to suffer many times ever since the creation of the world. Instead, he has now appeared once and for all, when all ages of time are nearing the end, to remove sin through the sacrifice of himself. Every man must die once and then comes the judgment; just so, Christ was offered once to take away the sins of many. He will appear a second time, not to deal with sin, but to save those who are waiting for him.

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

Leader STANDS

Leader I am the living bread of life. Your forefathers ate manna in the desert, and they died. *

All I am speaking of the bread that comes down from heaven, which a man may eat and never die.

Leader I am that living bread which has come down from heaven; if anyone eats this bread, he shall live forever. *

All I am speaking of the bread that comes down from heaven, which a man may eat and never die.

Leader SITS

Reader (*Optional Left or Right*) STANDS

A reading from the Instructions of Saint John Chrysostom to catechumens. (Pause a moment)

Saint John, whose surname "Chrysostom" means "golden tongue," was all that the surname signifies. He was one of the greatest preachers the Church has ever had, a powerful expounder of Christ's teachings, and a vigorous defender of the Church against her enemies. In the selection from his instructions to his future converts which we are about to read, he speaks about one of his favorite topics: the power of the Blood of Christ, prefigured in the Old Testament sacrifices, and now the source and strength of the Church, and the nourishment of our souls in the Blessed Sacrament.

Do you wish to know of the power of Christ's blood? Let us go back to the ancient accounts of what took place in Egypt, where Christ's blood is foreshadowed.

Moses said: "Sacrifice a lamb without blemish and smear the doors with its blood." (Exodus, 12: 21 - 23) What does this mean? Can the blood of a sheep without reason save man who is endowed with reason? Yes, Moses replies, not because it is blood, but because it is a figure of the Lord's blood. So today if the devil sees, not the blood of the figure smeared on the doorposts, but the blood of the Reality smeared on the lips of the faithful, which are the doors of the temple of Christ, with all the more reason will he draw back.

Do you wish to learn from another source the power of this blood? See where it began to flow, from what spring it flowed down from the cross, from the Master's side. The gospel relates that when Christ had died and was hanging on the cross, a soldier approached him and pierced his side with a spear, and at once there came out water and blood. The one was a symbol of Baptism, the other of the mysteries. That soldier, then, pierced his side: he breached the wall of the holy temple, and I found the

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treasure and acquired the wealth. Similarly with the lamb. The Jews slaughtered it in sacrifice, and I gathered the fruit of that sacrifice — salvation.

“There came out from his side water and blood.” (*John, 19: 34*) Dearly beloved, do not pass the secret of this great mystery by without reflection. For I have another interpretation to give you. I said that Baptism and the mysteries were symbolized in that blood and water. It is from these two that the holy Church has been born “by the washing of regeneration and the renewal of the Holy Spirit” (*Titus, 3: 5*), by Baptism and by the mysteries. Now the symbols of Baptism and the mysteries came from his side. It was from his side, then, that Christ formed the Church, as from the side of Adam he formed Eve.

That is why in his account of the first man, Moses has the words, “bone of my bone, and flesh of my flesh” (*Genesis, 2: 23*), giving us a hint here of the Master’s side. For as at the time God took a rib from Adam’s side and formed woman, so Christ gave us blood and water from his side and formed the Church. Just as then he took the rib while Adam was in deep sleep (*Genesis, 2: 21*), so now he gave the blood and water after his death.

Have you understood how Christ has united his bride, the Church, to himself? Have you seen with what kind of food he feeds us all? By the same food we are formed and fed. As a mother feeds her child with her own blood and milk, so too Christ himself continually feeds those whom he has begotten, with his own blood.

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 Your ransom was not paid in anything corruptible, neither in silver nor gold, but in the precious blood of Christ, a lamb without blemish.

All Through him we all have access to the Father in the one Spirit.

Reader The blood of Jesus Christ, the Son of God, purifies us from all sin.

All Through him we all have access to the Father in the one Spirit.

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.

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

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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. Increase our love for Christ whose living presence we honor by our presence here. May we be blessed through your intercession, for, in the divine plan, it was you who made it possible for us to receive the source of life, our Lord, Jesus Christ, your Son, who lives and reigns in the Holy Eucharist for love of us. Amen.

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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