

HOLY HOUR OF EUCHARISTIC ADORATION
OBLATES OF THE VIRGIN MARY
ST. CLEMENT EUCHARISTIC SHRINE
1105 BOYLSTON STREET, BOSTON, MA

Eucharistic Adoration is a continuation of the worship of Jesus Christ in the Sacrament of his Body and Blood outside the Holy Sacrifice of the Mass. It is an occasion of abundant grace and a special way of showing devotion to him. A Holy Hour may be made at any time, but it is particularly fruitful when made regularly each day or week.

The following prayers are meant for use at an individual Holy Hour, to be prayed silently in the Shrine. There is no single way to make a Holy Hour; this format is a suggestion to assist you in entering into a prayerful hour with Jesus.

Upon entering the Church, bless yourself with holy water as a reminder of Baptism, recalling that God has given you the gift of faith in him, hope in his promises, and love for him. Proceed into the main part of the Church and acknowledge Jesus in the Eucharist by genuflecting – kneeling on the right knee – a sign of reverence. The Sign of the Cross may be used to bless yourself.

+ In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

I will pause and consider that God our Lord beholds me in love, then make an act of reverence.
(St. Ignatius Loyola)

HYMN

(for private recitation and meditation only)

O Jesus, I adore thee who in thy love divine
conceal thy mighty Godhead in forms of bread and wine.

**R. O Sacrament most holy, O Sacrament divine,
all praise and all thanksgiving be every moment thine!**

O Jesus, I adore thee, our Victim and our Priest,
whose precious blood and body become our sacred feast. **R.**

O Jesus, I adore thee, our Savior and our King,
and with the saints and angels my humble homage bring. **R.**

O Jesus, I adore thee; come, live in me, I pray,
that all my thoughts and actions be thine alone today. **R.**

O come, all you who labor in sorrow and in pain;
come, eat this bread from heaven, your peace and strength regain. **R.**

PRAYER TO THE HOLY SPIRIT

It is fitting to begin prayer by disposing yourself to receive the gift of prayer and invoking the Holy Spirit, for “we do not know how to pray as we ought, but the Spirit himself intercedes for us” (Romans 8:26).

Breathe into me, Holy Spirit, that my thoughts may all be holy.
Move in me, Holy Spirit, that my work, too, may be holy.
Attract my heart, Holy Spirit, that I may love only what is holy.
Strengthen me, Holy Spirit, that I may defend all that is holy.
Protect me, Holy Spirit, that I may always be holy.

(St. Augustine)

ACT OF CONTRITION

We always recall that we are unworthy of God and can never deserve his merciful love. “This is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins” (1 John 4:10). It may be appropriate to make an examination of conscience, recalling specific sins and asking God for forgiveness and healing.

O my God, I repent of all my sins with my whole heart,
and I detest them,
not only because I deserve the just penalties,
but most of all because I have offended you,
the highest Good who are worthy to be loved above all things.
Therefore, I firmly propose, by help of your grace,
not to sin again and to flee near occasions of sin. Amen.

MEDITATION

Eucharistic Adoration is a special time to meditate on God and his action in the world. It is best to select one approach to meditation and spend 20-30 minutes with it, allowing time for silence and listening to the Lord. Ask for the help of Mary, the Mother of God, who “held all these things in her heart” (Luke 2:19, 2:51).

Scriptural Meditation. *Read a brief passage of Scripture and meditate on each line slowly. If you make a weekly holy hour, it is especially profitable to meditate on the Gospel of the next Sunday in preparation for Mass.*

Rosary Meditation. *Pray the Rosary slowly; spend time meditating on each mystery in the company of Mary and ask her to give you a more intimate knowledge of her Son.*

Doctrinal Meditation. *Use Scripture passages or a few paragraphs from the Catechism of the Catholic Church that elaborate on one teaching of the Church. Consider how it applies to your life. (Suggested points: Sunday – Resurrection, Monday – Incarnation, Tuesday – Mercy, Wednesday – Holy Spirit, Thursday – Eucharist, Friday – Passion, Saturday – Mary)*

Life Meditation. *Deepen your examination of conscience by considering what area of sin you struggle in most and asking the Lord's help with specific struggles; consider what you have to be grateful for and how you show gratitude to God; think about the commandment to love your neighbor and ask God how he is calling you to love your family, friends, coworkers, and the poor in your daily life.*

INTERCESSION

Before the end of your Holy Hour, take time to ask God for what you and others need. Some intentions: the Church, the intentions of the Pope, the sick and suffering, the poor, vocations, the Archdiocese of Boston, the Oblates of the Virgin Mary, all who come to St. Clement Shrine, etc.

THANKSGIVING

Thank God for the gift of grace poured out by Jesus Christ through Mary, all his blessings in your life, and for the fruits of this Holy Hour. Express your thanks to God in your own words, and one of the following prayers may also be used.

Te Deum

O God, we praise you: we confess that you are Lord.
All the earth worships you, O everlasting Father.
To you all angels, all heaven and all powers,
To you the cherubim and seraphim proclaim without ceasing:
Holy, Holy, Holy, Lord God of hosts.
Heaven and earth are full of the majesty of your glory.
The glorious choir of Apostles,
the praiseworthy assembly of prophets,
and the white-robed host of martyrs praises you.
Throughout the world the holy Church confesses you:
the Father of unbounded majesty,
your venerable true and only Son,
and the Holy Spirit, Paraclete.

O Christ, you are the King of glory;
You are the coeternal Son of the Father.
For the sake of liberating man
you did not disdain the Virgin's womb.
Having conquered the sting of death,
you opened the kingdom of heaven to believers.
You sit at God's right hand, in the glory of the Father.
You are expected to come as Judge.
Therefore, we beg you, help your servants whom you redeemed by your blood;
make them numbered with your saints in everlasting glory.

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.

CONCLUSION

Conclude the holy hour with a suitable prayer to Christ. One of the following may be used:

Anima Christi

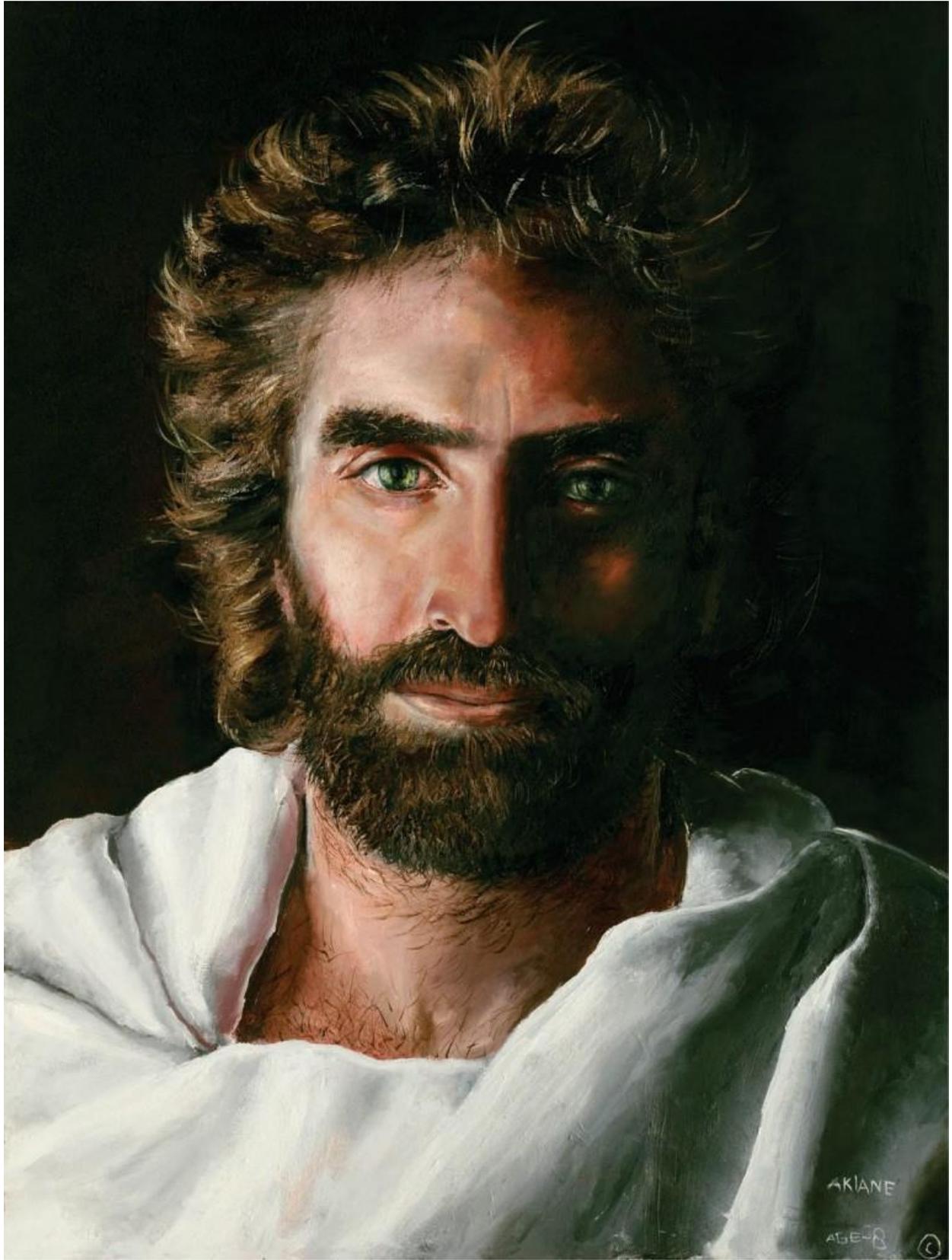
Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, inebriate me;
water from the side of Christ, wash me;
Passion of Christ, strengthen me;
O good Jesus, hear me:
within thy wounds hide me,
suffer me not to be parted from thee,
from the malicious enemy defend me,
in the hour of my death call me,
and bid me come to thee
that with thy saints I may praise thee
forever and ever. Amen.

Prayer for the Spread of Eucharistic Adoration

Heavenly Father, increase our faith in the real presence of your Son,
Jesus Christ, in the Holy Eucharist.
We are obliged to adore him, to give him thanks and to make reparation for sins.
We need your peace in our hearts and among nations;
we need conversion from our sins and the mercy of your forgiveness;
may we obtain this through prayer and our union with the Eucharistic Lord.
Please send the Holy Spirit upon all peoples to give them the love, courage, strength,
and willingness to respond to the invitation to Perpetual Eucharistic Adoration.
We beseech you to spread perpetual exposition of the Most Blessed Sacrament in
parishes around the world.
We ask this in the name of Jesus the Lord. Amen.
Our Lady of the Most Blessed Sacrament, help us to spread the glory of your Son
through perpetual adoration of the Holy Eucharist.

Prayer to Christ the King

O Christ Jesus, I acknowledge you King of the universe;
all that has been made has been created for you;
make full use of your rights over me.
I renew the promise I made in Baptism,
when I renounced Satan and all his pomps and works,
and I promise to live a Christian life;
and especially I undertake to help, to the extent of my means,
to secure the triumph of the rights of God and of your Church.
Divine Heart of Jesus,
I offer you my efforts to obtain that all hearts may acknowledge your sacred royalty,
and that so the Kingdom of your peace may be established
throughout the entire universe.



PRINCE OF PEACE
Akiane Kremarik