

A Holy Hour of Reparation



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[HIS HOUR](#) **HIS HOUR**

THE SACRED HEART OF JESUS . . . began this devotion of the Holy Hour of Reparation, when He entered the Garden of Gethsemane on Mount Olivet. He said to His Apostles: "My soul is sorrowful even unto death. Stay ye here and watch with Me." Later He said to them: "Could ye not watch one hour with Me? Watch and pray, that ye enter not into temptation." [Matt. 26:38, 40, 41]

As Jesus spoke to His Apostles, so He pleads with us to stay and watch and pray with Him. His Sacred Heart is filled with sadness, because so many doubt Him, despise Him, insult Him, ridicule Him, spit upon Him, slap Him, accuse Him, condemn Him. In the Sacrament of His Love, so many forget Him. Every mortal sin brings down the terrible scourges on His Sacred Body, presses the sharp thorns into His Sacred Head, and hammers the cruel nails into His Sacred Hands and Feet.

The ingratitude of mankind continually pierces His Sacred Heart. When Jesus saw the sins of the world and the reparation that must be made to His Heavenly Father, He began to fear and to be sad and sorrowful. "Kneeling down, He prayed: 'Father, if Thou wilt, remove this chalice from Me; But not My Will, Thine be done: There appeared an Angel from Heaven to strengthen Him; and being in agony, He prayed the longer, and His sweat became as drops of blood trickling to the ground.'" [Luke 22:41, 44]

The Sacred Heart of Jesus said to St. Margaret Mary: "Make reparation for the ingratitude of men. Spend an hour in prayer to appease Divine justice, to implore mercy for sinners, to honor Me, to console Me for My bitter suffering when abandoned by My Apostles, when they did not WATCH ONE HOUR WITH ME."

"That the necessity of Expiation and Reparation is especially urgent today must be evident to everyone who considers the present plight of the world, 'seated in wickedness' [John 5:9]. The Sacred Heart promised to St. Margaret Mary that he would reward abundantly with His graces all those who should render this honor to His Heart."

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

(Here make the intention for the Holy Hour)

O Sacrament most holy
O Sacrament Divine!
All praise and all thanksgiving
be every moment thine!

[Prayer to the Holy Spirit](#)

Prayer to the Holy Spirit

Come, O Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit, and they shall be created, and Thou shalt renew the face of the earth.

O God, Who by the light of the Holy Spirit, didst instruct the hearts of the faithful, grant that in the same Holy Spirit we may be truly wise, and ever rejoice in His consolation. Through Christ our Lord. Amen.

[Act of Contrition](#)

Act of Contrition

O MY GOD, I am heartily sorry for having offended Thee,
and I detest all my sins because I dread the loss of Heaven and the pains of Hell;
but most of all because they offend Thee, my God,
Who art all-good and deserving of all my love.
I firmly resolve, with the help of Thy grace, to confess my sins,
to do penance, and to amend my life. Amen.

[Act of Spiritual Communion](#)

Act of Spiritual Communion

My Jesus, I believe Thou art really present in the Most Blessed Sacrament of the Altar. I love Thee above everything else, and I long to receive Thee into my soul. I cannot now receive Thee in Holy Communion, but I beg Thee to come to me at least spiritually. I embrace Thee as already there, and unite myself entirely to Thee. Grant that I may never be separated from Thee! - by Saint Alphonsus de Liguori

The Value of Spiritual Communion

The value of a spiritual Communion well made is enormous. We can and should make one frequently. Simply think on Jesus and how much He loves us and how much we love Him, then ask Our Blessed Mother to ask her Divine Son to come into our hearts. We can offer these Communions for the interest of the Sorrowful and Immaculate heart of Mary, noting our special intention!

After receiving Holy Communion Our Lord said we should pray: "Most Sacred Heart of Jesus may the whole world burn with love for You!" - Revelation to Gabrielle Bossis in France

"Everything I say to One of my Children is for all of them... Each Soul is my favorite... If Only you knew my Love for each One." ~ Our Lord to Gabrielle Bossis (1874-1950)

"...Make as many Spiritual Communions as possible, to supply for the many Sacramental Communions which are not made.. One every quarter of an hour is not enough. Make them shorter, but more numerous.." ~ Our Lord to Sr. Benigna Consolata (1916)

'If you practice the holy exercise of Spiritual Communion a good many times each day, within a month you will see yourself completely changed.' -- St. Leonard of Port Maurice

PRAYER

O Jesus living in Mary, Come and live in Thy servants, In the spirit of Thy holiness, In the fullness of Thy might, In the truth of Thy virtues, In the perfection of Thy ways, In the communion of Thy mysteries; Subdue every hostile power In Thy Spirit, for the glory of the God the Father. Amen - from the Raccolta

My Jesus, I believe Thou art really present in the Most Blessed Sacrament of the Altar. I love Thee above everything else, and I long to receive Thee into my soul. I cannot now receive Thee in Holy Communion, but I beg Thee to come to me at least spiritually. I embrace Thee as already there, and unite myself entirely to Thee. Grant that I may never be separated from Thee!
I adore Thee every moment, O Living Bread from Heaven, great Sacrament!

Offering of the Holy Hour

O my Sweet Jesus, I desire to spend this Hour with Thee, to console Thee, and to make some reparation by the love of my poor heart for the agony Thou didst suffer in Gethsemane. In that lone hour Thou wast forsaken, and the creatures, whom Thou didst create to love Thee, loved Thee not. The weight of all our sins pressed on Thee, and mine as well; and for the sorrow which I caused Thee then by my sins, I will endeavor to repay Thee now by my love. Strengthen it, my Jesus, that it may in some small measure give Thee consolation.

Sacred Heart of Jesus, strengthened in Thine agony by an Angel, comfort us in our agony.

Opening Prayer to the Blessed Sacrament

My Lord Jesus Christ, it is Thy great love for men that keeps Thee day and night in this Sacrament, full of pity and love, expecting, inviting, and welcoming all who visit Thee. I believe that Thou art really present in the Sacrament of the Altar. From the depth of my nothingness, I adore Thee; and I thank Thee for the many graces Thou hast given me, especially for the gift of Thyself in this Sacrament, for the gift of Thy most holy Mother as my intercessor, and for the privilege of visiting Thee in this Church.

I now speak to Thy most loving Heart with a three-fold intention: to thank Thee for the great gift of Thyself; to atone for all the insults which Thy enemies heap upon Thee in this Sacrament; and to adore Thee wherever Thy Eucharistic Presence is dishonored or forgotten.

My Jesus, I love Thee with my whole heart. I am very sorry for my ingratitude to Thine infinite goodness. I now resolve, with the help of Thy grace, never to offend Thee again. And, sinful as I am, I consecrate to Thee my entire self, my whole will, my affections, my desires, and all that I have. From now on, do with me and mine as Thou pleasest. I ask for and desire only Thy love, final perseverance, and the grace always to do Thy holy will.

I intercede with Thee for the Souls in Purgatory, especially for those who were most devoted to the Blessed Sacrament, and to Thy most holy Mother. I recommend to Thee also, all poor sinners. And lastly, my dear Savior, I unite all my desires with the desires of Thy most loving Heart. Thus united, I present them to Thine Eternal Father, and beg Him in Thy Name and for love of Thee, to hear and answer them. ~ St. Alphonsus de Liguori
Jesus, meek and humble of heart, make our hearts like unto Thine.

[Acts of Faith, Hope and Love](#)

Act of Faith, Hope and Love

Act of Faith

O MY GOD, I firmly believe that Thou art one God in Three Divine Persons, Father, Son and Holy Ghost. I believe that Thy Divine Son became Man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

Act of Hope O MY GOD, relying on Thy almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Thy grace, and Life Everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love

O MY GOD, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

Special Act of Love

O good and merciful Savior, it is the desire of my heart to return Thee love for love. My greatest sorrow is that Thou art not loved by all men, and, in particular, that my heart is so cold, so selfish, so ungrateful. Deeply sensible of my own weakness and poverty, I trust that Thine Own grace will enable me to offer Thee an act of pure love. And I wish to offer Thee this act love in reparation for the coldness and neglect that are shown to Thee in the Sacrament of Thy love by Thy creatures. O Jesus, my sovereign good, I love Thee, not for the sake of the reward which Thou hast promised to those who love Thee, but purely for Thyself. I love Thee above all things that can be loved, above all pleasures, and in fine above myself and all that is not Thee, protesting in the presence of Heaven and earth that I will live and die purely and simply in Thy holy love, and that if to love Thee thus I must endure persecution and suffering, I am perfectly satisfied, and I will ever say with St. Paul: "Nothing shall separate me from the love of Christ."

O Jesus, Supreme Master of all hearts, I love Thee, I adore Thee, I praise Thee, I thank Thee, because I am now all Thine Own. Rule over me, and transform my soul into the likeness of Thyself, so that it may bless and glorify Thee forever in the abode of the Saints. Amen.

Prayer to Christ the King

Prayer to Christ the King

O CHRIST, JESUS, I acknowledge Thee as Universal King. For Thee all creatures have been made. Do Thou exercise over me all the rights that Thou hast.

Renew my Baptismal Vows, I renounce Satan, with all his works and pomps, and I promise to live as a good Catholic: Especially, do I pledge myself, by all the means in my power, to bring about the triumph of the rights of God and of Thy Church.

Divine Heart of Jesus, I offer Thee all my poor actions to obtain that all hearts may recognize Thy Sacred Royalty, and that thus the reign of Thy Peace may be established throughout the entire world. Amen.

Jesus, King and Center of all hearts, through the advent of Thy Kingdom, grant us peace.

Act of Reparation

Act of Reparation

O Sacred Heart of Jesus, animated with a desire to repair the outrages unceasingly offered to Thee, we prostrate before Thy throne of mercy, and in the name of all mankind, pledge our love and fidelity to Thee!

The more Thy mysteries are blasphemed, the more firmly we shall believe them, O Sacred Heart of Jesus!

The more impiety endeavors to extinguish our hopes of immortality, the more we shall trust in Thy Heart, sole hope of mankind!

The more hearts resist Thy Divine attractions, the more we shall love Thee, O infinitely amiable Heart of Jesus!

The more unbelief attacks Thy Divinity, the more humbly and profoundly we shall adore It, O Divine Heart of Jesus!

The more Thy holy laws are transgressed and ignored, the more we shall delight to observe them, O most holy Heart of Jesus!

The more Thy Sacraments are despised and abandoned, the more frequently we shall receive them with love and reverence, O most liberal Heart of Jesus!

The more the imitation of Thy virtues is neglected and forgotten, the more we shall endeavor to practice them, O Heart, model of every virtue!

The more the devil labors to destroy souls, the more we shall be inflamed with desire to save them, O Heart of Jesus, zealous Lover of souls!

The more sin and impurity destroy the image of God in man, the more we shall try by purity of life to be a living temple of the Holy Spirit, O Heart of Jesus!

The more Thy Holy Church is despised, the more we shall endeavor to be her faithful children, O Sweet Heart of Jesus!

The more Thy Vicar on earth is persecuted, the more will we honor him as the infallible head of Thy Holy Church, show our fidelity and pray for him, O kingly Heart of Jesus!

O Sacred Heart, through Thy powerful grace, may we become Thy apostles in the midst of a corrupted world, and be Thy crown in the kingdom of Heaven. Amen.

Praise and adoration ever more be given to the most holy Sacrament.

Jesus, I live for Thee, Jesus, I die for Thee, Jesus, I am Thine in life and in death. Amen.

Sweet Heart of Jesus, have mercy on us and on our erring brethren.

Jesus, King and Center of all hearts, through the advent of Thy Kingdom, grant us peace.

Rosary: Sorrowful Mysteries

First Mystery: The Agony in the Garden

Second Mystery: The Scourging at the Pillar

Third Mystery: The Crowning with Thorns

Fourth Mystery: The Carrying of the Cross

Fifth Mystery: The Crucifixion and Death

[Prayer to the Queen of the Most Holy Rosary](#)

Prayer to the Queen of the Most Holy Rosary

Queen of the Most Holy Rosary, in these times of such brazen impiety, show thy power with the signs of thy former victories, and from thy throne, from which thou bestowest pardon and graces, mercifully look upon the Church of thy Son, His Vicar on earth, and every order of clergy and laity, who are sorely oppressed in this mighty conflict.

Powerful Vanquisher of all heresies, hasten the hour of mercy, even though the hour of God's justice is every day provoked by the countless sins of men.

For me who am the least of men, kneeling before thee in prayer, obtain the grace I need to live a holy life upon earth and to reign among the just in Heaven. Meanwhile, together with all faithful Christians throughout the world, I greet thee and acclaim thee as Queen of the Most Holy Rosary.

Queen of the Most Holy Rosary, pray for us.

[The Hail Holy Queen \(SALVE REGINA\)](#)

The Hail Holy Queen (SALVE REGINA)

HAIL, holy Queen, Mother of mercy.
Hail, our life, our sweetness, and our hope!
To thee do we cry, poor banished children of Eve;
To thee do we send up our sighs,
mourning and weeping in this vale of tears.

Turn then, most gracious advocate,
thine eyes of mercy toward us.

And after this our exile show unto us
the blessed fruit of thy womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

V. Pray for us, O holy Mother of God.
R. That we may be made worthy of the promises of Christ.

To Jesus Abandoned

With Mary Immaculate, let us adore, thank, implore and console, the Most Beloved and Sacred Heart of Jesus in the Blessed Sacrament.

O Divine Jesus, lonely tonight in so many Tabernacles, without visitor or worshipper I offer Thee my poor heart. May its every throb be an act of love for Thee. Thou art always watching beneath the Sacramental Veils; in Thy Love Thou dost never sleep and Thou art never weary of Thy vigil for sinners. O lonely Jesus, may the flame of my heart burn and beam always in company with Thee.

O Sacrament most Holy, O Sacrament Divine! All praise and all thanksgiving be every moment Thine!

Veneration of the Thorn-Crowned Savior

And plating a crown of thorns, they put it up on His head. They began to spit upon Him, and they gave Him blows. Others smote His face and said: 'Prophesy, who is it that struck Thee?' "

O holy Redeemer! Thou art clothed with a scarlet cloak, a reed is placed in Thy hands for a sceptre, and the sharp points of a thorny crown are pressed into Thy adorable head.

My soul, thou canst never conceive the sufferings, the insults and indignities offered to our Blessed Lord during this scene of pain and mockery.

I therefore salute Thee and offer Thee supreme homage as King of Heaven and earth, the Redeemer of the world, the Eternal Son of the living God.

O my afflicted Savior! O King of the world, Thou art ridiculed as a mock king. I believe in Thee and adore Thee as the King of kings and Lord of lords, as the supreme Ruler of Heaven and earth.

O Jesus! I devoutly venerate Thy sacred head pierced with thorns, struck with a reed, overwhelmed with pain and derision.

I adore the Precious Blood flowing from Thy bleeding wounds. To Thee be all praise, all thanksgiving and all love for evermore.

O meek Lamb, Victim for sin! May Thy thorns penetrate my heart with fervent love, that I may never cease to adore Thee as my God, my King and my Savior.

V. Behold, O God, our Protector,
R. And look upon the face of Thy Christ.

O my beloved Savior, at sight of Thy most holy face disfigured by suffering, at the sight of Thy Sacred Heart so full of love, I cry out with St. Augustine: "Lord

Jesus, imprint on my heart Thy sacred wounds, so that I may read therein sorrow and love: sorrow, to endure every sorrow for Thee; love, to despise every love for Thee." Amen.

We adore Thee, O Christ, and we bless Thee, because by Thy holy Cross Thou hast redeemed the world.

To Our Lord On the Cross

My Crucified Jesus, mercifully accept the prayer which I now make to Thee for help in the moment of my death, when at its approach all my senses shall fail me.

When, therefore, O sweetest Jesus, my weary and downcast eyes can no longer look up to Thee, be mindful of the loving gaze which I now turn on Thee, and have mercy on me.

When my parched lips can no longer kiss Thy most sacred wounds, remember then those kisses which now I imprint on Thee, and have mercy on me.

When my cold hands can no longer embrace Thy Cross, forget not the affection with which I embrace it now, and have mercy on me.

And when, at length, my swollen and lifeless tongue can no longer speak, remember that I called upon Thee now.

Jesus, Mary, Joseph, to Thee I commend my soul. Amen.

Eternal Father, I offer Thee the Wounds of our Lord Jesus Christ to heal the wounds of our souls.

[Devotion in Honor of the Five Holy Wounds](#)

Chaplet of the Five Holy Wounds

This Chaplet consists of five sets of five beads each; and at each one of these beads, in memory of the Five Wounds of JESUS CHRIST, one Gloria Patri is to be said; and at the end of each set of five, one Ave Maria is added in honour of our Lady's sorrows

On the Medal:

V. Incline to my aid, O God.

R. O Lord, make haste to help me.

V. Glory be...

R. As it was...

"Holy Mother pierce me through, in my heart each wound renew, of my Savior crucified."

First Wound - The Left Foot:

My crucified Jesus, I devoutly adore the painful wound of Thy left foot. Ah, by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that foot, grant me grace to fly the occasion of sin, and not to walk in the way of perdition.

Glory be to the Father, five times, Hail Mary "Holy Mother pierce me through, in my heart each wound renew, of my Savior crucified."

Second Wound - The Right Foot

My crucified Jesus, I devoutly adore the painful wound of Thy right foot. Ah, by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that foot, grant me grace to walk constantly in the way of Christian virtue, even to the entrance of paradise.

Glory be to the Father, five times, Hail Mary "Holy Mother pierce me through, in my heart each wound renew, of my Savior crucified."

Third Wound - The Left Hand

My crucified Jesus, I devoutly adore the painful wound of Thy left hand. Ah, by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that hand, deliver me from being found at Thy left hand with the reprobate at the last judgment.

Glory be to the Father, five times, Hail Mary "Holy Mother pierce me through, in my heart each wound renew, of my Savior crucified."

Forth Wound - The Right Hand

My crucified Jesus, I devoutly adore the painful wound of Thy right hand. Ah, by the pain which Thou didst feel therein, and by the blood which Thou didst shed from that hand, bless my soul and conduct it to Thy kingdom.

Glory be to the Father, five times, Hail Mary "Holy Mother pierce me through, in my heart each wound renew, of my Savior crucified."

Fifth Wound - The Side

My crucified Jesus, I devoutly adore the painful wound of Thy sacred side. Ah, by the pain which Thou didst shed from it, enkindle in my heart the fire of Thy love, and give me grace to persevere in loving Thee to all eternity.

Glory be to the Father, five times, Hail Mary "Holy Mother pierce me through, in my heart each wound renew, of my Savior crucified."

Now, there's a "Prayer to Our Lady of Sorrows" that says to pray 3 Haily Marys after. Could this be for the three beads that are on pendant portion of some chaplets?

Prayer

O afflicted Mother, O virginal heart, all buried in the wounds to thy Son, accept this short memorial of His pains in union with thy grief. Present to Jesus this act of homage, and render my prayer available by thine intercession. Three Hail Marys

Prayer for an Increase in Daily Holy Communions

O Sweetest Jesus, Who camest into this world to give to all the life of Thy grace, and Who, to preserve and sustain it, didst will to be the remedy of our daily

infirmities, and our daily food; humbly we pray Thee, by Thy Heart, all on fire for love of us, to pour out Thy Holy Spirit upon all, so that those who are unhappily in mortal sin may be converted to Thee, and recover the life of grace which they have lost; and those who by Thy gift still live this Divine life, may every day, when they are able, approach devoutly to Thy holy table, where, in daily Holy Communion, receiving every day the antidote to their daily venial sins, and nourishing the life of grace in their hearts, and purifying more and more their souls, they may come at last to the enjoyment with Thee of eternal beatitude. Amen.

Heart of Jesus, burning with love for us, inflame our hearts with love of Thee!

Prayer for Those in Their Last Agony

(Recited while kneeling)

O Most Merciful Jesus, Lover of Souls: I pray Thee, by the agony of Thy most Sacred Heart, and by the sorrows of Thine Immaculate Mother, cleanse in Thy Blood the sinners of the whole world who are now in their last agony, and are to die this day. Amen.

Heart of Jesus Agonizing, have mercy on the dying.
Jesus, Mary, Joseph, we love Thee, save souls.

For Our Holy Father

Jesus, Supreme Pontiff of the New and Eternal Testament, Thou art seated at the right hand of God as a perpetual Advocate for us and are pleased to be for all time with Thy beloved spouse the Church and with Thy vicar who governs her. Divine Prince of the pastors of Thy flock, You have deigned to place on the throne of Peter Thy servant and Pontiff, Pope N . . . Make him, in the midst of the wickedness of our times, mild in hostile attacks, strong in the defense of the faith, and a gentle father and watchful master in the pastoral office.

May Thy Kingdom come, Immortal King of the ages! May the truth, which Thou hast brought from Heaven, reach even to the ends of the earth. May the fire which Thou willest to be cast upon the earth inflame all hearts. This is the desire that is in the heart of Thy vicar: a desire to reconcile all men to Thee; a desire for concord and forgiveness among nations; a desire for justice and peace.

Jesus, enlighten Thy vicar. Strengthen him in his sorrows and in his universal cares. Speak that powerful word, O Lord, which shall change minds, turn hate into love, check the fury of human passions, temper the sufferings, and dry the tears of those who are in sorrow. Increase the virtue and the resignation of families and pacify nations and peoples so that the Church built by Thee on Saint Peter to gather all people around Thine altar of life and salvation, may invoke Thee, adore Thee, and exalt Thee in peace forever. Amen.

V. Let us pray for our Pontiff N . . .

R. The Lord preserve him, and give him life, and bless him upon earth, and deliver him not up to the will of his enemies.

Our Father. Hail Mary.

O God, the Shepherd and Ruler of all Thy faithful people, mercifully look upon Thy servant N., whom Thou hast chosen as the chief Shepherd to preside over Thy Church. We beg Thee to help him edify, both by word and example, those over whom he has charge, that he may reach everlasting life together with the flock entrusted to him. Through Christ our Lord. Amen. ~ Taken from the Roman Missal

O Heart of Love, I put all my trust in Thee, for I fear all things from my own weakness, but I hope for all things from Thy goodness. - St. Margaret Mary Alacoque

Period of Silent Adoration

"Speak, Lord, for Thy servant heareth." (1 Kings 3:10)

"Lord, what wilt Thou have me do?" (Acts 9:6)

Prayer for Final Perseverance

Eternal Father, I humbly adore and thank Thee for having created me, and for having redeemed me by means of Jesus Christ. I thank Thee for having made me a Christian by giving me the true faith, and by adopting me for Thy child in holy Baptism. I thank Thee for having given me time for repentance after my many sins, and for having, as I hope, pardoned all my offenses against Thee. O Infinite Goodness! I thank Thee also for having preserved me from falling again as often as I should have done if Thou hadst not held me up and saved me. But my enemies do not cease to fight against me, nor will they until death, that they may again have me for their slave; If Thou dost not keep and help me continually by Thine assistance, I shall be wretched enough to lose Thy grace anew. I therefore pray Thee, for the love of Jesus Christ, to grant me holy perseverance till death. Thy Son Jesus has promised that Thou wilt grant us whatever we ask for in His name. By the merits, then of Jesus Christ, I beg of Thee for myself, and for all those who are in Thy grace, the grace of never more being separated from Thy love, but that we may always love Thee in this life and in the next.

Mary, Mother of God, pray to Jesus for me.

Sweet Heart of Jesus, be my love,
Sweet Heart of Mary, be my salvation.

Closing Prayer to the Blessed Sacrament

At this hour of adoration closes, O Jesus, I renew my faith and trust in Thee. I am refreshed after these moments with Thee, and I count myself among a privileged number, even as Thy disciples were, who shared Thy actual presence.

Realizing that my visit to Thee is of little avail unless I try to live a better life and set a better example, I am resolved to go forth again to my duties and my concerns with a renewed spirit of perseverance and good will. In my daily life I will try to love and serve God well, and love my neighbor also, for these two things go together. I will try to be a true disciple, indeed. Help me, O Jesus, in this my resolution.

Bless me, dear Lord, before I go. And bless not me alone, O Lord, but all as well who are here present, and all who could not come, especially the sick and the dying. Bless our homes and all the children there. Bless all our life and the hour of our death.

Grant rest to the Souls of the faithful departed, and bring them into the light of Thy Divine glory.

So may we who have worshipped Thee and been blessed by Thee here on earth, come to behold the radiant glory of Thy unveiled countenance in Heaven for ever and ever. Amen.

Say three times: Sacred Heart of Jesus, Thy Kingdom come!

For the Intetions of the Holy Father to Gain the Indulgences of the Holy Hour: 1 Our Father, 1 Hail Mary, 1 GLory be to the Father

O Sacrament most Holy, O Sacrament Divine!
All praise and all thanksgiving be every moment Thine!

In the Name of the Father, and of the Son, and of the HoLy Spirit. Amen.