

EUCCHARISTIC HOLY HOUR
FOR LIFE, MARRIAGE AND LIBERTY
United States Conference of Catholic Bishops

[On or near the last Sunday of each month, all Cathedrals and parishes throughout the country are encouraged to join together in prayer and adoration for the intention of defending life, marriage, and religious liberty. The following Holy Hour is a basic model with suggested readings and prayers for this time. Other suitable prayers may be used by the presiding minister.]

Procession/Exposition

Opening Hymn: “O Salutaris Hostia” or another suitable Eucharistic hymn

Opening Prayer

Presiding Minister:

Lord our God, in this great sacrament we come into the presence of Jesus Christ, Your Son, born of the Virgin Mary and crucified for our salvation. May we who declare our faith in this fountain of love and mercy drink from it the water of everlasting life. We ask this through Christ our Lord.

All: Amen.

Liturgy of the Word or Liturgy of the Hours

Suggested readings:

- God created man and woman in His image and likeness: **Gen 1:26-28, 31a** (LFM 801-1)
- Choose life: **Deut 30:15-20** (LFM 751-4)
- Give yourself as a living sacrifice: **Rm 12:1-2, 9-18** (LFM 802-2)
- For freedom Christ set us free: **Gal 5:1, 13-18** (LFM 99)
- Marriage a sign of Christ’s love for the Church: **Eph 5:2a, 21-33** (LFM 802-6)
- The New Jerusalem, the bride: **Rev 21:1-7** (LFM 792-16)
- The Beatitudes: **Mt 5:1-12a** (LFM 742-1)
- Love your enemies and pray for them: **Mt 5:38-48** (LFM 886-3)
- Enter through the narrow gate: **Mt 7:6, 12-14** (LFM 372)
- Faith the size of a mustard seed: **Mt 17:14-20** (LFM 412)
- Persecution and perseverance: **Lk 21:12-19** (LFM 505)
- The new commandment of love: **Jn 15:9-17** (LFM 724-11)

Homily or reflection/meditation on Scripture

The Presiding Minister may offer insights on the inviolable dignity of every human life, the gift and vocation of marriage as the union of one man and one woman, and the importance of religious liberty and the public witness of the faith in relation to the chosen reading(s).

Period of Silent Reflection and Adoration (Rosary and/or a Litany may also be prayed)

Intercessions

Presiding Minister:

God is the author of life, marriage, and liberty. In Him we place our faith as we pray the following petitions:

For Pope Francis, bishops, priests, and all the faithful, that we may be strengthened by the grace of the Holy Spirit to continue proclaiming the intrinsic dignity of all human life from conception to

natural death, the unique meaning of marriage, and the importance of religious liberty for all. Let us pray to the Lord.

For all those who serve us in public office, that they may have the wisdom and courage to uphold conscience rights and protect all people from being forced to violate their moral and religious convictions. Let us pray to the Lord.

For greater respect for the inviolable dignity of all human life from conception to natural death, especially for the most vulnerable among us, including the unborn, the poor, the immigrant, the infirm and elderly. Let us pray to the Lord.

For the healing of troubled and broken marriages and families, and for renewed understanding of and reverence for God's loving plan for marriage as the permanent, faithful and fruitful union of one man and one woman. Let us pray to the Lord.

For the protection of conscience rights and religious liberty, and that all people of good will may work together against the increasing threats to these fundamental rights. Let us pray to the Lord.

For all of us gathered here before the Lord in His Most Blessed Sacrament, that we may live our faith in confidence and charity, trust in the Lord's mercy, and witness to Him so as to invite others to seek His Face. Let us pray to the Lord.

Presiding Minister:

Almighty and merciful Father, we give You thanks for all of Your many blessings, and we ask You to hear these petitions in the name of Your Son, Our Lord and Savior Jesus Christ, who lives and reigns with You in the unity of the Holy Spirit, one God forever and ever.

All: Amen.

Benediction: "Tantum ergo" or another suitable Eucharistic hymn

Presiding Minister:

Let us pray. O God, who in this wonderful sacrament have left us a memorial of Your Passion, grant us, we pray, so to revere the sacred mysteries of Your Body and Blood that we may always experience in ourselves the fruits of Your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

All: Amen.

Reposition

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. Amen.

Closing Hymn: "Holy God, We Praise Thy Name"