

HOLY HOUR OF EUCHARISTIC ADORATION IN HONOR OF THE SACRED HEART OF JESUS

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



In the year 1673, France was torn by interreligious strife, heresies, and the prevalence of moral rigorism— the belief that only people of high moral perfection were chosen by God and worthy of the Sacraments. In apparitions to Sister Margaret Mary Alacoque from 1673 to 1675, Jesus lamented the coldness and indifference with which people responded to his boundless love for them. He asked for devotion to his Sacred Heart by special prayers, frequent Communion, Communion on the First Friday of each month, and keeping of the Holy Hour. St. Margaret Mary's visions are represented by numerous images of Jesus' Heart.

The Heart of Jesus can be called the Heart of God because in Jesus Christ human flesh is substantially united to the second Person of the Holy Trinity. The Church therefore approves this devotion as authentic worship of God in Jesus Christ. The devotion always includes emphasis on the human Heart of Christ - the Heart of flesh formed in the womb of the Virgin Mary - and the divine love that is communicated through it - the love that was God's answer to coldness and indifference toward him in the 17th century and continues to be his response today.

The following prayers are meant only for a private Holy Hour of silent prayer in the Shrine. There is no invariable formula for making a Holy Hour; this format is a suggestion to assist you in an hour of prayerful Adoration.

Upon entering the Church, bless yourself with holy water as a reminder of Baptism, recalling that faith in God, hope in his promises, and love for him are his freely given gift. 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 for the presence of Jesus Christ.

+ 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 of Loyola)

HYMN (for private meditation)

All you who seek a comfort sure in trouble and distress,
Whatever sorrow burdens you, whatever griefs oppress;
Jesus, who gave himself for you upon the Cross to die,
Opens to you his Sacred Heart; oh, to that Heart draw nigh.

You hear how kindly he invites; you hear his words so blest:
"All you who labor, come to me, and I will give you rest."
O Heart adored by saints on high, and hope of sinners here,
We place our humble trust in you and to you lift our prayer.

18th century Latin hymn translated by Edward Caswall (1814-1878), 1849, alt.

PRAYER

Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing measure of grace from that fount of heavenly gifts. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

ACT OF REPENTANCE

We recall that we can never be worthy of God and that his mercy is an undeserved gift. "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). You can choose to make an examination of conscience, recalling specific sins and asking for God's forgiveness and healing.

O my God, I repent of all my sins from my 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 the help of your grace,
not to sin again and to flee near occasions of sin. Amen.

(from the Rite of Penance)

MEDITATION

Meditation is the heart of the Holy Hour. It is a time to call to mind God's revelation of himself, to listen to him speak through his word, and to respond. There are many ways to make a meditation, but the purpose is always time of loving attention with the Holy Trinity. Engaging in meditation takes about 30 minutes and is the longest portion of the Holy Hour. It is best to choose only one text from those suggested and use that for the whole period of meditation.

DEUTERONOMY 7: 6-11

Moses said to the people:

"You are a people sacred to the LORD, your God;
he has chosen you from all the nations on the face of the earth
to be a people peculiarly his own.
It was not because you are the largest of all nations
that the LORD set his heart on you and chose you,
for you are really the smallest of all nations.
It was because the LORD loved you
and because of his fidelity to the oath he had sworn your fathers,
that he brought you out with his strong hand from the place of slavery,
and ransomed you from the hand of Pharaoh, king of Egypt.
Understand, then, that the LORD, your God, is God indeed,
the faithful God who keeps his merciful covenant
down to the thousandth generation
toward those who love him and keep his commandments,
but who repays with destruction a person who hates him;
he does not dally with such a one, but makes them personally pay for it.
You shall therefore carefully observe the commandments,
the statutes and the decrees that I enjoin on you today."

1 JOHN 4:7-16

Beloved, let us love one another,
because love is of God;
everyone who loves is begotten by God and knows God.
Whoever is without love does not know God, for God is love.
In this way the love of God was revealed to us:
God sent his only Son into the world
so that we might have life through him.
In this is love: not that we have loved God, but that he loved us
and sent his Son as expiation for our sins.
Beloved, if God so loved us, we also must love one another.
No one has ever seen God.
Yet, if we love one another, God remains in us,
and his love is brought to perfection in us.
This is how we know that we remain in him and he in us,
that he has given us of his Spirit.
Moreover, we have seen and testify
that the Father sent his Son as savior of the world.
Whoever acknowledges that Jesus is the Son of God,
God remains in him and he in God.
We have come to know and to believe in the love God has for us.
God is love, and whoever remains in love remains in God and God in him.

PSALM 103: 1-4, 6-8, 10

Bless the LORD, O my soul;
all my being, bless his holy name.
Bless the LORD, O my soul;
and forget not all his benefits.
He pardons all your iniquities,
heals all your ills.
He redeems your life from destruction,
crowns you with kindness and compassion.
Merciful and gracious is the LORD,
slow to anger and abounding in kindness.
Not according to our sins does he deal with us,
nor does he requite us according to our crimes.

JOHN 7:37-39

On the last and greatest day of the feast, Jesus stood up and exclaimed,
“Let anyone who thirsts come to me and drink.
Whoever believes in me, as scripture says:
‘Rivers of living water will flow from within him.’”
He said this in reference to the Spirit
that those who came to believe in him were to receive.
There was, of course, no Spirit yet, because Jesus had not yet been glorified.

MATTHEW 11: 25-30

At that time Jesus exclaimed:

"I give praise to you, Father, Lord of heaven and earth,
for although you have hidden these things
from the wise and the learned
you have revealed them to little ones.

Yes, Father, such has been your gracious will.

All things have been handed over to me by my Father.

No one knows the Son except the Father,
and no one knows the Father except the Son

and anyone to whom the Son wishes to reveal him.

"Come to me, all you who labor and are burdened, and I will give you rest.

Take my yoke upon you and learn from me,

for I am meek and humble of heart;

and you will find rest for yourselves.

For my yoke is easy, and my burden light."

JOHN 19:25-37

Standing by the cross of Jesus

were his mother and his mother's sister,

Mary the wife of Clopas, and Mary of Magdala.

When Jesus saw his mother and the disciple there whom he loved,
he said to his mother, "Woman, behold, your son."

Then he said to the disciple, "Behold, your mother."

And from that hour the disciple took her into his home.

After this, aware that everything was now finished,

in order that the scripture might be fulfilled, Jesus said, "I thirst."

There was a vessel filled with common wine.

So they put a sponge soaked in wine on a sprig of hyssop and put it up to his mouth.

When Jesus had taken the wine, he said, "It is finished."

And bowing his head, he handed over the spirit.

Now since it was preparation day,

in order that the bodies might not remain on the cross on the sabbath,

for the sabbath day of that week was a solemn one,

the Jews asked Pilate that their legs be broken and they be taken down.

So the soldiers came and broke the legs of the first

and then of the other one who was crucified with Jesus.

But when they came to Jesus and saw that he was already dead,

they did not break his legs, but one soldier thrust his lance into his side,

and immediately blood and water flowed out.

An eyewitness has testified, and his testimony is true; he knows

that he is speaking the truth, so that you also may believe.

For this happened so that the scripture passage might be fulfilled:

"Not a bone of it will be broken."

And again another passage says: "They will look upon him whom they have pierced."

JEREMIAH 31:31-34

The days are surely coming, says the Lord,
when I will make a new covenant with the house of Israel and the house of Judah.
It will not be like the covenant that I made with their ancestors
when I took them by the hand to bring them out of the land of Egypt
—a covenant that they broke, though I was their husband, says the Lord.
But this is the covenant that I will make with the house of Israel after those days, says the Lord:
I will put my law within them, and I will write it on their hearts;
and I will be their God, and they shall be my people.
No longer shall they teach one another, or say to each other, “Know the Lord,”
for they shall all know me, from the least of them to the greatest, says the Lord;
for I will forgive their iniquity, and remember their sin no more.

REVELATIONS OF JESUS TO ST. MARGARET MARY ALACOQUE IN JUNE, 1674

"I feel this more than all that I suffered during my Passion.
If only they would make me some return for my Love,
I should think but little of all I have done for them and would wish,
were it possible, to suffer still more.
But the sole return they make for all my eagerness to do them good
is to reject me and treat me with coldness.
Do you at least console me by supplying for their ingratitude, as far as you are able."

"Behold the Heart which has so loved men that it has spared nothing,
even to exhausting and consuming itself, in order to testify its love;
and in return, I receive from the greater part only ingratitude,
by their irreverence and sacrilege,
and by the coldness and contempt they have for me in this Sacrament of Love.
But what I feel most keenly is that it is hearts which are consecrated to me that treat me thus.
Therefore, I ask of you that the Friday after the Octave of Corpus Christi
be set apart for a special Feast to honor my Heart,
by receiving communion on that day, and making reparation to it by a solemn act,
in order to make amends for the indignities which it has received
during the time it has been exposed on the altars.
I promise you that my Heart shall expand itself to shed in abundance
the influence of its Divine Love upon those who shall thus honor it and cause it to be honored."

Free distribution of this material is allowed by The Apostolate Alliance of the Two Hearts & Immaculate Mediatrix.
Quoted from *The Revelation of the Sacred Heart of Jesus* by George Pollard.

FROM THE DIARY OF ST. MARIA FAUSTINA KOWALSKA:

"I have opened my Heart as a living source of Mercy,
from it all souls draw life, all approach with deep confidence this sea of Mercy.
Sinners will obtain justification and the just will be strengthened in goodness.
I will fill the souls of those who put their trust in my Mercy
with My divine peace at the hour of their death.
My daughter, continue to spread devotion to my Mercy,

in doing so you will refresh my Heart which burns with the fire of compassion for sinners. Tell my priests that hardened sinners will be softened by their words if they speak of my boundless Mercy and of the compassion which my Heart feels for them. I will give priests who proclaim and exalt my Mercy wondrous power, unction to their words and I will move all the hearts to which they speak.”
(Book 5, 21 January 1938)

LITANY OF THE SACRED HEART

Pope Leo XIII approved this litany for public use in 1899, but many of the invocations have been used since the 17th century.

Lord, have mercy	Lord, have mercy.
Christ, have mercy	Christ, have mercy.
Lord, have mercy	Lord, have mercy.
Christ, hear us	Christ, hear us.
Christ, graciously hear us.	Christ, graciously hear us.
God the Father of Heaven,	have mercy on us.
God the Son, Redeemer of the world,	have mercy on us.
God, the Holy Spirit,	have mercy on us.
Holy Trinity, One God,	have mercy on us.
Heart of Jesus, Son of the Eternal Father,	have mercy on us.
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mother,	have mercy on us.
Heart of Jesus, substantially united to the Word of God,	have mercy on us.
Heart of Jesus, of Infinite Majesty,	have mercy on us.
Heart of Jesus, Sacred Temple of God,	have mercy on us.
Heart of Jesus, Tabernacle of the Most High,	have mercy on us.
Heart of Jesus, House of God and Gate of Heaven,	have mercy on us.
Heart of Jesus, burning furnace of charity,	have mercy on us.
Heart of Jesus, abode of justice and love,	have mercy on us.
Heart of Jesus, full of goodness and love,	have mercy on us.
Heart of Jesus, abyss of all virtues,	have mercy on us.
Heart of Jesus, most worthy of all praise,	have mercy on us.
Heart of Jesus, king and center of all hearts,	have mercy on us.
Heart of Jesus, in whom are all treasures of wisdom and knowledge,	have mercy on us.
Heart of Jesus, in whom dwells the fullness of divinity,	have mercy on us.
Heart of Jesus, in whom the Father was well pleased,	have mercy on us.
Heart of Jesus, of whose fullness we have all received,	have mercy on us.
Heart of Jesus, desire of the everlasting hills,	have mercy on us.
Heart of Jesus, patient and most merciful,	have mercy on us.
Heart of Jesus, enriching all who invoke Thee,	have mercy on us.
Heart of Jesus, fountain of life and holiness,	have mercy on us.
Heart of Jesus, propitiation for our sins,	have mercy on us.
Heart of Jesus, loaded down with opprobrium,	have mercy on us.
Heart of Jesus, bruised for our offenses,	have mercy on us.

Heart of Jesus, obedient to death,
Heart of Jesus, pierced with a lance,
Heart of Jesus, source of all consolation,
Heart of Jesus, our life and resurrection,
Heart of Jesus, our peace and our reconciliation,
Heart of Jesus, victim for our sins
Heart of Jesus, salvation of those who trust in Thee,
Heart of Jesus, hope of those who die in Thee,
Heart of Jesus, delight of all the Saints,

have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.
have mercy on us.

Lamb of God, who taketh away the sins of the world,
Lamb of God, who taketh away the sins of the world,
Lamb of God, who taketh away the sins of the world,

spare us, O Lord.
graciously hear us, O Lord.
have mercy on us, O Lord.

Jesus, meek and humble of heart.

Make our hearts like unto yours.

Let us pray;

Almighty and eternal God, look upon the Heart of your most beloved Son
and upon the praises and satisfaction which he offers you in the name of sinners;
and to those who implore your mercy, in your great goodness,
grant forgiveness in the name of the same Jesus Christ, your Son,
who lives and reigns with you forever and ever. Amen.

PRAYER OF PRAISE AND THANKSGIVING TO THE SACRED HEART

Lord, you deserve all honor and praise, because your love is perfect and your heart sublime.
My heart is filled with gratitude for the many blessings and graces you give me and those whom
I love. I cannot do anything to deserve this love, but may I always be attentive and never take for
granted the gifts of mercy and love that flow freely and generously from your Sacred Heart.

Most Sacred Heart of Jesus, have mercy on us.

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

