



The Holy Hour

Introduction

At the **School of Prayer of the Holy Childhood of the Blessed Virgin Mary**, you are exhorted to make a daily or weekly Holy Hour with JESUS in the Blessed Sacrament of the Most Holy Eucharist, at your parish church or adoration chapel... where you can simply be with JESUS and talk to Him.

"Acquire the habit of speaking to GOD as if you were alone with Him, familiarly and with confidence and love, as to the dearest and most loving of friends. Speak to Him often of your business, your plans, your troubles, your fears - of everything that concerns you. Converse with Him confidently and frankly; for GOD is not wont to speak to a soul that does not speak to Him." Saint Alphonsus de Liguori

The following **Songs** may be prayed before the Blessed Sacrament.

Song of Heavenly Worship

Adoration Song

Adoration Song II

But remember, JESUS' favorite prayers are YOUR own words.... from YOUR heart!

"I am with you always and everywhere. Near to My Heart fear nothing... Know that my eyes follow every move of your heart with great attention...Speak to Me about everything in a completely simple and human way; by this you will give Me great joy... This simple language of your heart is more pleasing to Me than the hymns composed in My honor. Know...that the simpler your speech is, the more you attract Me to yourself. And now, be at peace close to My Heart." JESUS to Saint Faustina Diary #797

The Prayer Beads



To pray the **Song of Heavenly Worship** and **Adoration Song I & II**, and you will need a rope or bracelet of x three sets of nine **(27) small beads**, plus three **large beads** to mark the beginning and end of recitations + **stretch jewelry cord**. To make a **bracelet** of prayer beads thread x 9 small beads onto the stretch jewelry cord, followed by x 1 large bead. Repeat x 2. Tie off with a reef knot. Apply one drop of superglue to the knot and pull it inside the last large bead.

The Holy Hour

"I have come to set the world on fire,
and how I wish it were already burning."

Luke 12:49

Opening Prayer

**Come, Holy Spirit!
Fire of Love of the
Three Divine Persons
of the Most Holy Trinity,
burn now in my heart.**



Invocation of the Angels

" In the presence of the angels
I will sing Your praise." Psalm 138:1

**Angels of the LORD,
come, bless the LORD;
Let us praise and exalt
Him above all forever.**

cf: Daniel 3:52-58

**Ardent Seraphim!
Come! Let us adore Him!**

**Bright Cherubim!
Come! Let us adore Him!**

**Sublime Thrones!
Come! Let us adore Him!**

**Supreme Dominations!
Come! Let us adore Him!**

**Heavenly Virtues!
Come! Let us adore Him!**

**Invincible Powers!
Come! Let us adore Him!**

**Sovereign Principalities!
Come! Let us adore Him!**

Holy Archangels!
Come! Let us adore Him!

Holy Angels!
Come! Let us adore Him!

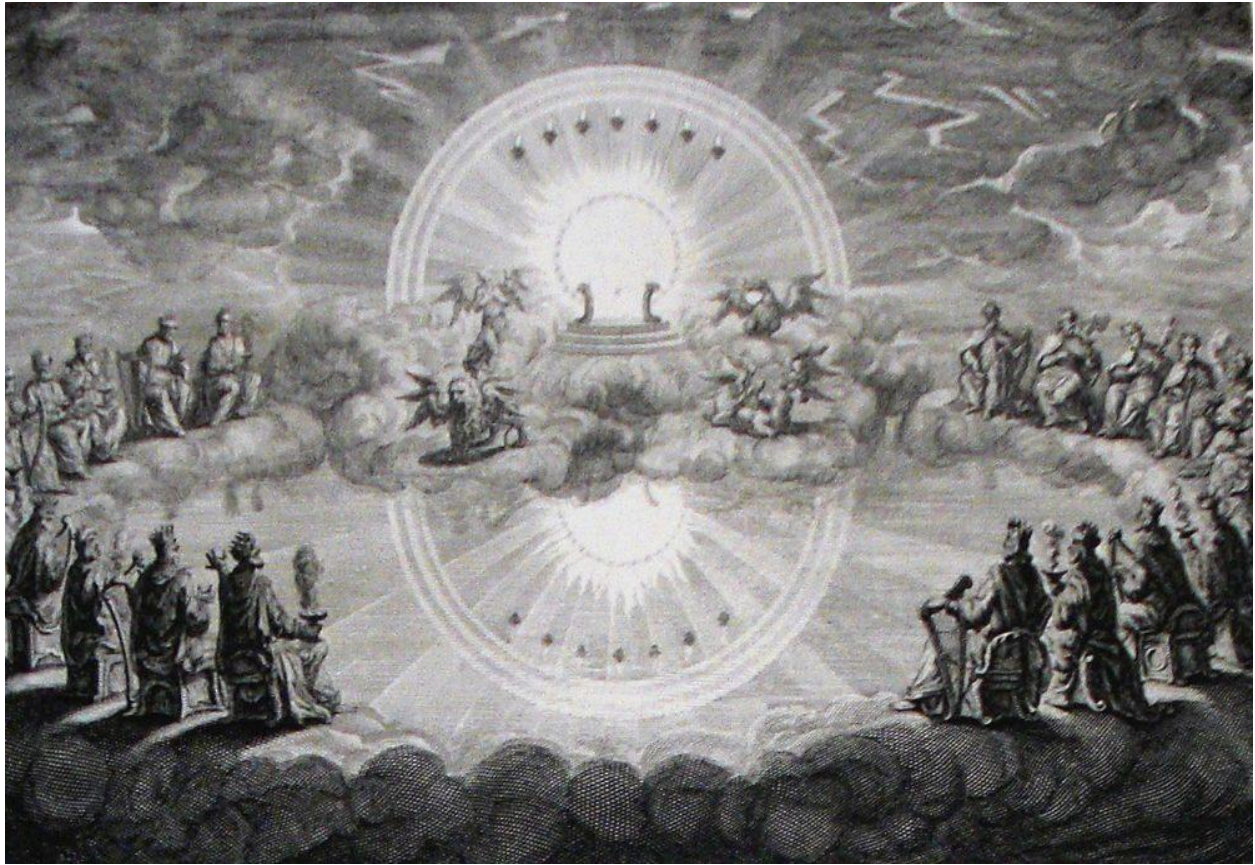
My Guardian Angel!
Come! Let us adore Him!

O Celestial Princes!
Come! Glorify the LORD with me,
let us together extol His Name.

cf:Psalm 34:4



The Song of Heavenly Worship



(See: Revelation chapters 4-5)

Join your worship now to the worship of the celestial hosts of heaven and the saints on earth, around the throne of GOD and the Lamb...

**I. BEHOLD THE LAMB OF GOD
WHO TAKES AWAY
THE SIN OF THE WORLD!**

cf: John 1:29

**II. Worthy is the Lamb
that was slain to receive
power and riches,
wisdom and strength,
honor and glory and blessing.**

**III. Blessing and honor,
glory and might, be to
GOD and the Lamb,
forever and ever.**

IV. Amen.

" I looked... and heard the voices of many angels who surrounded the throne and the living creatures and the elders. They were countless in number, and they cried out in a loud voice...

cf: Revelation 5:11-12

Then I heard every creature in heaven and on earth and under the earth and in the sea, everything in the universe, cry out: 'To the One who sits on the throne and to the Lamb be blessing and honor, glory and might, forever and ever.'

cf: Revelation 5:13

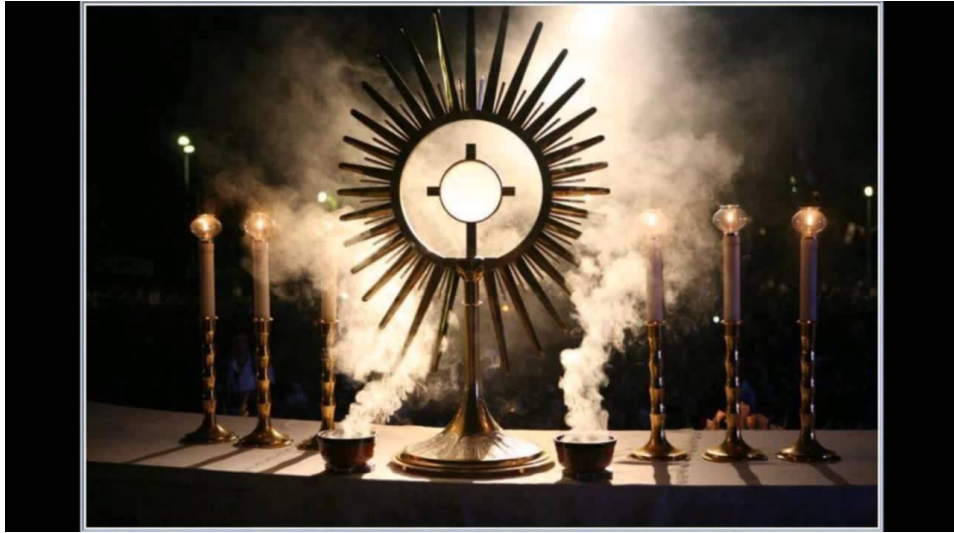
...chant x 9 times

Chant I - III x 3 times

The four living creatures answered, "Amen," and the elders fell down and worshiped." cf: Revelation 5:14

Adoration Song

Opening Prayers



(Pray the Adoration Song for yourself... for all those you bear by face and name within your heart... and for all souls...)

**Lord JESUS, I praise You,
I bless You, I adore You
and I glorify You. I give You
thanks for Your great glory
in the Blessed Sacrament
of the Most Holy Eucharist.**

**O Sacrament Most Holy!
O Sacrament Divine!
All praise and all thanksgiving,
be every moment Thine.**

I. Lord JESUS Christ, Lamb of GOD,
I praise and exalt You!

I praise and exalt You!

...chant x 9 times

II. Lord JESUS Christ, Lamb of GOD,
I love and adore You!

I love and adore You!

...chant x 9 times

III. Lord JESUS Christ, Lamb of GOD,
I worship You now and forever. Amen.

I worship You now and forever. Amen.

...chant x 9 times



"I, THE LORD, AM
YOUR HEALER."

EXODUS 15:26

IV. Lord JESUS Christ, Lamb of GOD,
THANK YOU for all You
"Accomplished!" for me!

cf: John 19:30

THANK YOU for all You
accomplished for me!

...chant x 9 times

V. Lord JESUS Christ, Lamb of GOD,
I receive...I receive...I receive...
I receive...I receive...I receive...

...chant x 9 times

*R*eceive! Receive!

He wants you to receive.
He wants to show how much He
loves you - wants you to believe!
Believe He has the power to heal;
Believe He has the Will;
Believe He wants your soul
and body freed from every ill.
Receive! Receive!
He wants you to believe,
He died that you might be set free.
Believe! Believe! Receive!

VI. Thank You, JESUS, for Your LIFE!
Transfigured, Glorified.
Your RESURRECTED LIFE,

You died to give to me, Your Bride.

(The Bride of Christ is the Church and all its members)

**Thank You for Your SPIRIT, JESUS,
flowing now in me;
Healing soul and body,
setting all that's captive, free.**

(The Divine Life and Spirit of GOD are symbolized by the Blood and Water that flowed from the pierced Heart of JESUS upon the Cross at Calvary (John 19:33-34)... the sign of the GOD-Giving Sacraments of the Church.

The Blood is the sign of His Divine Life imparted in the Eucharist... the Water is the sign of His Divine Spirit imparted in Baptism.)

**Thank You, JESUS,
You have made me,
Spirit, Body, Soul,
HEALED-DELIVERED
-RE-CREATED-
You have made me whole.
O Thank You! Thank You!
Thank You, JESUS!**

cf: II Corinthians 5:17

**VII. Lord JESUS Christ, Lamb of GOD,
Glory to You, forever! Amen!**

Glory to You, forever! Amen! +

...chant x 9 times

Adoration Song II

I. Lord JESUS,
I praise You, I bless You,
I adore You, and I glorify You.
I give You thanks for Your great glory,
in the Blessed Sacrament
of the Most Holy Eucharist.

II. Lord JESUS Christ, Lamb of GOD;
My true and only love!

...chant x 33 times *

III. O my JESUS! You have
betrothed me to Yourself
in the Holy Eucharist and...

"I accept You, O my King and my Lord,
as my Spouse and I offer myself as
Your slave. Let not my understanding
attend to any other object, nor my
memory hold any other image, nor my
will seek other object or pleasure than
You, my highest Good, my true and only
Love. Let not my eyes look upon human
creature, nor my faculties and senses
attend upon anything beside You and
whatever Your Majesty shall direct.
You alone for Your spouse, my Beloved,
and I for You only, who are the
immutable and eternal Good." **



Icon of Christ, the Bridegroom and Mary, the Bride Church from Sacro Speco

**IV. Glory be to GOD the Father!
Glory be to GOD the Son!
Glory be to GOD the Spirit!
Glory to the Three in One. + Amen.**

* Or chant into stillness & silence... or until the end of your Holy Hour.

* * The words of the Infant Mary on the day of her Presentation in the Temple when she was taken to Heaven and mystically married to GOD. As described in 'Mystical City of God' by Venerable Mary of Agreda ,Volume I, Book II, Chapter I, # 436 (See: Crown Chaplet of the Presentation of Mary in the Temple

Note: The Bride of Christ is the Church, consisting of each individual member of the Church, male and female. © 2017 School of Prayer HCBVM