

THE HOLY HOUR
WITH EUCHARISTIC EXPOSITION & BENEDICTION

OUTLINE OF THE HOLY HOUR AND RITE OF EXPOSITION & BENEDICTION

The Holy Hour typically takes place in three parts:

Exposition

Wherein the Most Blessed Sacrament is placed in a monstrance (from the Latin *monstrare* - “to show”) for the faithful to adore Our Eucharistic Lord. A suitable hymn of exposition is sung and the Blessed Sacrament is incensed by the priest or deacon.

Adoration

Wherein the faithful are invited to spend time “watching with the Lord” (cf. Matthew 26:40). During this period, there may be only silence or silence intewoven with periods of chant, songs of praise to Jesus, readings from Sacred Scripture or The Saints. There may even be proclamation of The Gospel and a homily when a priest or deacon is present. The faithful may kneel, sit, or assume a comfortable posture during adoration of the Blessed Sacrament, keeping prudence in mind.

Benediction

Wherein the priest or deacon sings a hymn of benediction, such as the *Tantum Ergo*, as the faithful kneel. The priest or deacon places incense in the thurible and incenses the Blessed Sacrament while the hymn is sung.

He then intones the versicle calling to mind God’s giving of the Manna to the hungry Israelites in the Book of Exodus.

After praying the collect, the priest or deacon then gives the benediction with the Blessed Sacrament. Here he takes the monstrance within the humeral veil, and makes the Sign of the Cross over the faithful. It is customary to make the Sign of the Cross and bow as this is happening.

The priest and the faithful then recite the Divine Praises. Following this, the priest or deacon then reposes the Blessed Sacrament in the tabernacle. Once the Blessed Sacrament has been placed in the tabernacle, it is customary to sing a hymn of praise. The priest or deacon (and servers if there are any) then processes out of the church, thus ending the Holy Hour.

I: EXPOSITION OF THE MOST BLESSED SACRAMENT

After all have assembled, a priest or deacon, wearing cope and humeral veil, brings the Blessed Sacrament to the Altar and places it in a monstrance, a song may be sung. He may be accompanied by altar servers with candles.

*O, salutáris hóstia,
Quæ cæli pandis óstium,
Bella premunt hostília
Da robur, fer auxiliium.*

*Uni trinóque Dómino
Sit sempitérna glória
Qui vitam sine término
Nobis donet in pátria. Amen.*

*O saving Victim, open wide
The gate of Heaven to us below;
Our foes press on from every side;
Your aid supply; your strength bestow.*

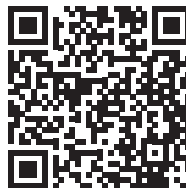
*To your great name be endless praise;
Immortal Godhead, One in Three;
Grant us, for endless length of days,
In our true native land to be.*

II. ADORATION OF THE MOST BLESSED SACRAMENT

The Blessed Sacrament is placed on the altar. The presiding minister then kneels before the altar and incenses the Blessed Sacrament. The opening song is concluded and a period of silent prayer follows.

The faithful are then invited to keep vigil before the Eucharistic Lord. There may be readings from Sacred Scripture, The Catechism of the Catholic Church, The Saints, The Church Fathers, and other holy writings. There may even be a Gospel reading and homily if a priest or deacon is present. Here are a few ideas for your private devotion:

- *Pray a rosary (or slowly pray a decade of the Rosary concentrating on one mystery) .*
- *Read your favorite book (or verse) of the New Testament*
- *Pray a Chaplet of Divine Mercy*
- *Spend time interceding for a particular person or intention, asking the Lord to help them.*
- *Make prayers of thanksgiving for graces received.*
- *Spend time thinking about a certain grace you would like to receive and ask The Lord for it.*
- *You can scan this QR code with your smartphone camera to access various prayers and resources during your Holy Hour:*



III. BENEDICTION OF THE BLESSED SACRAMENT

The presiding minister goes to the altar, genuflects, and then kneels. As he kneels, Tantum ergo Sacramentum or another suitable Eucharistic song is sung, and he incenses the Blessed Sacrament.

*Tantum ergo sacraméntum
Venerémur cernui
Et antiquum documéntum
Novo cedat rítui;
Præstet fides suppleméntum
Sénsuum deféctui.*

*Genitóri Genitóque
Laus et jubilátio
Salus, honor, virtus quoque
Sit et benedítio;
Procedénti ab utróque
Compar sit laudátio. Amen.*

*Down in adoration falling,
Lo! the sacred Host we hail,
Lo! oe'r ancient forms departing
Newer rites of grace prevail;
Faith for all defects supplying,
Where the feeble senses fail.*

*To the everlasting Father,
And the Son Who reigns on high
With the Holy Spirit proceeding
Forth from each eternally,
Be salvation, honor blessing,
Might and endless majesty. Amen.*

After the hymn is finished, he rises and sings or says:

Priest / Deacon: You have given them bread from heaven. (Easter: Alleluia.)

All: Having within it all sweetness. (Easter: Alleluia.)

Priest / Deacon: Let Us Pray:

Priest/Deacon: 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.

or

Priest / Deacon: 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.

or

Priest / Deacon: Lord our God,
you have given us the true bread from heaven.
In the strength of this food
may we live always by your life
and rise in glory on the last day.
We ask this through Christ our Lord.

All: Amen.

After the prayer, the presider puts on the humeral veil, genuflects, and takes the monstrance. He makes the sign of the cross with the monstrance over those gathered, in silence. All customarily make the Sign of the Cross as they are blessed with the monstrance.

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 Ghost, the Comforter.

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 Saint Joseph, her most chaste spouse.

Blessed be God in his angels and in his saints.

All: May the heart of Jesus in the Most Blessed Sacrament of the Altar be praised, adored, and loved with grateful affection, at every moment in all the tabernacles of the world even to the end of time. Amen.

REPOSITION OF THE BLESSED SACRAMENT

The Blessed Sacrament is removed from the monstrance and brought to the place of reservation. Once the tabernacle door is closed, a reposition hymn is sung (usually intoned by the priest or deacon).

Holy God, We Praise Thy Name

*Holy God, we praise thy name;
Lord of all, we bow before thee;
all on earth thy scepter claim;
all in heaven above adore thee.
Infinite thy vast domain;
everlasting is thy reign.*

*Hark the glad celestial hymn
angel choirs above are raising;
cherubim and seraphim,
in unceasing chorus praising,
fill the heavens with sweet accord:
Holy, holy, holy Lord.*

*Lo! the apostolic train
joins thy sacred name to hallow;
prophets swell the glad refrain,
and the white-robed martyrs follow.
And from morn to set of sun,
through the church the song goes on.*

*Holy Father, Holy Son,
Holy Spirit: three we name thee,
though in essence only one;
undivided God we claim thee,
and adoring bend the knee
while we own the mystery.*

To Jesus Christ, our Sov'reign King,

*To Jesus Christ, our Sov'reign King,
Who is the world's salvation,
All praise and homage do we bring,
And thanks and adoration.*

Refrain:

*Christ Jesus Victor, Christ Jesus Ruler!
Christ Jesus, Lord and Redeemer!*

*2. Thy reign extend, O King benign,
To ev'ry land and nation,
For in Thy kingdom, Lord divine,
Alone we find salvation.*

(Refrain)

*3. To Thee and to Thy Church, great King,
We pledge our hearts' oblation,
Until before Thy throne we sing,
In endless jubilation.*

(Refrain)

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