

888617

Watch and pray
AEB3379 (New)

WATCH AND PRAY

FOR
YOUR
HOLY
HOUR

.10c



HOLY HOUR HINTS

1. As you enter the church, take holy water and sign yourself devoutly. Make a courteous genuflection (or prostration if the Blessed Sacrament is exposed in the Monstrance), and kneel respectfully.
2. Greet our Lord in your own words. Tell Him how glad and privileged you feel to watch and pray with Him for an hour.
3. Have the intention of gaining all the indulgences possible and specify some intentions of prayer for your spiritual and temporal needs.
Broaden your scope to include one of the following:
Your bishop and his priests, the leaders of our country, the Christian education of children, workers, persons, the propagation of the Faith, the conversion of sinners, the souls in purgatory.
4. Recite the Opening Prayer, then turn to the Adoration part of the Holy Hour. Read the meditation slowly, a sentence or two at a time. Turn it over in your mind—think—look up to the Blessed Host and tell our Lord the same thing in your own words. Just be yourself. Talk to God anyhow—simply and humbly. He *loves* you, remember that.

Continued on inside back cover

Desacidified

For Your Holy Hour

Watch and Pray.

Offering of the Holy Hour

My most sweet Jesus, I desire during this hour to "watch" with Thee, and by the love of my poor heart, to console Thee for the bitter sorrow which overwhelmed Thee in the Garden of Gethsemane. I desire to forget myself and all that concerns me, excepting my sins, the foresight of which caused Thee so much suffering in Thine agony. And as I was a cause of sorrow to Thee then, so now I desire to be to Thee a consolation. I offer Thee moreover this hour of prayer and reparation for the triumph of the Church, for the conversion of souls and of nations, and for every other intention for which Thou didst pray, sweat blood, endure Thy agony, and accept Thy bitter passion and death.

Angel of the Agony, help me so to pass this Holy Hour, that I may console the Heart of my Jesus, and promote His interests through the world.

Let us have the intention of gaining all the indulgences possible during this hour of Adoration.

ADORATION

(Read silently and slowly; pause frequently and reflect)

Listen to Jesus speaking to your soul:—In order to expiate your own faults, and in reparation for the outrages done Me in this adorable Sacrament, you must become filled with living faith and profound respect toward My Majesty hidden behind these sacred veils. Everything about the altar must speak to you of this. The sanctuary, enclosed and silent, reminds you of My sanctity and union with God. The tabernacle tells you of My love of the hidden life. The purity of the sacred vessels warns you that I look for purity in your soul.

(Look at the Sacred Host and repeat very devoutly several times)—Jesus my God, I adore Thee, here present in the Sacrament of Thy Love.

Litany of Adoration

Jesus, Son of the Living God, I adore Thee
(Repeat after each invocation)

Jesus, God of ages,
Jesus, God of pity,
Jesus, God of mercy,
Jesus, O Holy God,
O God, most beautiful and priceless One,
O God, most glorious uncreated One,
O God, eternal beatific One,

O God, infinite and hidden One,
O God Immense, O God the Living One,
Thou Wisdom of the everlasting One,
Thou ever loved and ever loving One,
Jesus, God of Majesty,
Jesus, King of Glory,
Jesus, meek and humble,
Jesus, God of the poor and lowly,
Jesus, God of the sorrowful,
Jesus, God of the lonely,
Jesus, God of the living,
Jesus, our Lord,
Jesus, our Judge,
Jesus, our Redeemer,
Jesus, Son of Mary,
Jesus, of the Loving Heart,
Jesus, of the unrequited love,
We adore Thee O Christ, and we bless Thee,
Because by Thy Holy Cross, Thou hast re-
deemed the world.
Jesus, for Thee I live,
Jesus, for Thee I die,
Jesus, I am Thine, in life and in death.
Sacred Heart of Jesus, Thy Kingdom come.

O Sacrament most Holy, O Sacrament Divine,
all praise and all thanksgiving be every moment
Thine. (3 times.)

(300 *days*)

Jesus, my God, I adore Thee here present
in the Sacrament of Thy Love. (300 days)

REPARATION

(Read silently and slowly; praise frequently and reflect)

Think of the humiliations that Jesus undergoes in His Eucharistic state, especially the indifference He meets with from men. Often He is left alone in churches near which thousands of His very children go to and fro, heedless of His proximity. If some enter for a few moments their minds are full of worldly thoughts and curiosity.

Even the Mass of obligation is considered too long by many. They yawn, doze off perhaps, and sleep. And Jesus does not wake them! . . . nor ask them to watch one hour with Him in His abandonment!

There are new Judases, who dare to receive the loving Saviour into their hearts, rotten with sin. And Jesus says not a word! . . . He endures all! He foresaw this when He instituted the Holy Eucharist.

Act of Reparation

O Sweet Savior Jesus, in the Blessed Sacrament where Thy presence lies hidden, Thou never ceasest to lavish upon our souls the ineffable treasures of Thy Divine Heart. But for these continual benefits Thou receivest very often in return nothing but coldness, indifference, and criminal ingratitude. O Admirable Father, Whose patience never tires, and Whose tenderness is never lessened; O Good Shepherd, Who hast shed Thy blood for Thy sheep, from this humble Tabernacle which Thou hast chosen

as Thy dwelling-place, from this sacred altar upon which every day Thou renewest Thy immolation, behold at Thy Feet those hearts which Thou hast united to Thy Heart, and laden with favors. O sweet Jesus, with confusion and regret for our unfaithfulness, we wish at this moment, both for ourselves ever ungrateful, and for the world ever criminal, to make an act of solemn reparation. Listen then, O Admirable Savior of our souls, Thou Whom we desire to love, to Whom we wish to make due compensation, listen to these, our expressions of faith and of sorrow.

For the irreverence we have committed in the house of God. We wish to make reparation.
(To be repeated after each invocation)

For the many wanderings of our minds and hearts during the sacred mysteries,

For our feeble preparation before partaking of the Sacrament of Thy Love,

For our poor thanksgiving,

For our want of correspondence with Thy boundless favors,

For our sins of sensuality and pride,

For the bad example we have given,

For the sins of which we have been the cause or the occasion,

For the excessive coldness with which we kneel at the foot of Thy Altar,

For all the sins of our past life,

For the injurious blasphemies uttered against Thee.

For the deplorable untruths of heresy,
For the base deserters of Thy holy love and
 worship,
For the unworthy profaners of the Lord's day,
For the sacrilegious plunders of Thy temples
 and altars,
For the unhappy instruments of hell in the
 propagation of evil,
For the unworthy profaners of the Sacrament
 of Thy love,
For the outrages committed by those hearts
 which should be Thy greatest consolation,
For the cruel persecutors of Thy sacred Altars
 all over the world,

O Love neglected, O Goodness but too little known, how happy we should be were it only possible to offer Thee a reparation equal to the outrages Thou hast received, or acts of thanksgiving proportionate to Thy benefits. Thou who readest our hearts, behold in them this our desire, together with our helplessness. Be Thou Thyself, O Sacred Heart of Jesus, our all-powerful Mediator with the Blessed Trinity, be Thou our light, our strength, our shelter, and place of refuge here below, and after the painful struggles of this life, be Thou our incomparable treasure and eternal bliss in heaven. Amen.

Prayer to the Blessed Sacrament

O Divine Jesus! lonely during the day and night in so many tabernacles, without visitors or

worshippers, I offer Thee my poor heart, and may its very beating be a prayer of love to Thee. Thou art ever watching under the sacramental veils, in Thy vigils for sinners. O loving Jesus, may my heart be a lamp, the flame of which shall burn and beam for Thee alone. O Sacramental sentinel, watch for the weary world, watch for the erring soul, and for Thy poor lonely child.

Prayer of Submission to God's Will Under Trial

Blessed, O Lord, be Thy Name forever, Who hast been pleased that this trial and tribulation should come upon me. Give me patience, O Lord, and help me to say unceasingly, **THY WILL BE DONE**, for Thou wilt deliver those who trust in Thee. Out of Thee there is no powerful help, nor profitable counsel, nor lasting remedy.

Let not my heart be cast down by this adversity and my cross lessened by impatience, but rather let me look up to Heaven, to Thee Who art able to deliver me from all confusion and injury and to turn all my burden into joy. Moreover, Thou hast promised for this short labor a reward eternal, and for this transitory confusion, glory that is infinite. Therefore, let my faith grow strong again in Thy mercies and manfully be of good heart; not to despond or fall off, but to offer myself, body and soul, for Thy glory, and Thou wilt be with me in all my tribulations and in due season wilt abundantly bless and comfort me.

Grant me the grace, O Lord, to take up my Cross and follow Thee. (5 *times*.)

Litany of the Sacred Heart

Lord have mercy on us,

Christ have mercy on us.

Lord have mercy on us,

Christ hear us,

Christ graciously hear us.

God the Father of Heaven, Have mercy on us.

(Repeat after each invocation)

God the Son, Redeemer of the world,

God the Holy Ghost,

Holy Trinity, One God,

Heart of Jesus, Son of the Eternal Father,

Heart of Jesus, formed by the Holy Ghost, in
the womb of the Virgin Mother,

Heart of Jesus, substantially united to the
World of God,

Heart of Jesus, of Infinite Majesty,

Heart of Jesus, Sacred Temple of God,

Heart of Jesus, Tabernacle of the Most High,

Heart of Jesus, House of God and Gate of
Heaven,

Heart of Jesus, burning furnace of charity,

Heart of Jesus, abode of justice and love,

Heart of Jesus, full of goodness and love,

Heart of Jesus, abyss of all virtues,

Heart of Jesus, Most worthy of all praise,

Heart of Jesus, King and Center of all hearts,

Heart of Jesus, in Whom are all the treas-
ures of wisdom and knowledge,

Heart of Jesus, in Whom dwells the fullness
of the divinity,

Heart of Jesus, in Whom the Father is well
pleased,

Heart of Jesus, of Whose fullness we have all received,

Heart of Jesus, desire of the everlasting hills,

Heart of Jesus, patient and most merciful,

Heart of Jesus, enriching all who invoke Thee,

Heart of Jesus, Fountain of life and holiness,

Heart of Jesus, propitiation for our sins,

Heart of Jesus, loaded down with abuse,

Heart of Jesus, bruised for our offenses,

Heart of Jesus, obedient unto 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 reconciliation,

Heart of Jesus, Victim for sin,

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.

Lamb of God, Who takest away the sins of the world, Spare us, O Lord.

Lamb of God, Who takest away the sins of the world, Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world, Have mercy on us, O Lord.

Jesus meek and Humble of heart,

Make our hearts like unto Thine.

Let Us Pray

O Almighty and Eternal God, look upon the Heart of Thy dearly beloved Son, and upon the praise and satisfaction He offers Thee in behalf of sinners, and be appeased. Grant pardon to those who seek Thy mercy, in the name of the same Jesus Christ, Thy Son, Who liveth and reigneth with Thee, in the unity of the Holy Ghost, world without end. Amen.

PETITION

(Read silently and slowly; pause frequently and reflect)

“Come to Me, all you that labor and are burdened, and I will refresh you” Does not Jesus still address these words to us from His Sacrament of Love?—“Come to Me, for nowhere else shall you find the rest you crave. Come to Me, you sorrow-laden, for no one else can understand your griefs as I can.—I know the weight of your cross—its special perplexities—its aggravations—I know all the secret folds of your heart—Come to Me, then with your griefs—your disappointments—your secret sorrows—your fears—your struggles—your sins.”

(Look adoringly at the Sacred Heart and say over and over again with great faith and love)
—Sacred Heart of Jesus, I trust in Thee. My Lord and my God.

For Our Spiritual and Temporal Needs

In Thee, O Divine Jesus, present and living in the Eucharist, I adore the Food of our souls, the Bread come down from Heaven, which nourishes and increases in us the Divine life, which strengthens and sustains us in the labors of the day by making us taste ineffable delights. In virtue of this Heavenly Manna, deign, I beseech Thee, to hear my humble prayers. Ward off from my soul and body the dangers that surround them, and grant me the graces and temporal favors of which I am in pressing need . . .

I ask them of Thee with firm confidence and, in return for Thy benefits, I offer myself to Thee without reserve and for ever to love, serve and glorify Thee in Thy adorable Sacrament. Amen.

Offering

O my God, we beg of Thee, in union with the Immaculate Heart of Mary, through the merits of the Precious Blood offered to Thee in every Sacrifice of the Mass throughout the world, to grant that this day, sinners may be converted to the truth; souls about to die in sin may receive the grace of repentance and a happy death; and souls in Purgatory may be delivered. We wish by this offering to console the Heart of Jesus in agony, for the souls lost through the teaching of error against the true Church of Christ Jesus, our Lord.

All for Thee, most Sacred Heart of Jesus.

O Jesus, inflame our hearts with love of Thee, so that we may love Thee in all, and through all, and above all. Help us return love for love, so that all our lives we may make reparation to the unrequited love of Thy Sacred Heart. Amen.

Act of Consecration

My loving Jesus.

Out of the grateful love I bear Thee

And to make reparation for my unfaithfulness
to grace,

I give Thee my heart,

And I consecrate myself wholly to Thee,
And with Thy help,
I purpose never to sin again.

O my Jesus, Thou knowest well that we love Thee; but do not love Thee enough; Grant that we may love Thee more, O love that burnest ever, and never failest! My God, Thou Who art charity itself, enkindle in our hearts that divine fire which consumes the saints and transforms them into Thee. Amen.

O Jesus, with my whole heart, I cling to Thee.

Prayer by Cardinal Newman

May He support us all the day long, till the shades lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done! Then in His mercy may He give us a safe lodging, and a holy rest, and peace at the last!

Prayer for Civic Leaders

We pray Thee, O almighty and eternal God, Who through Jesus Christ has revealed Thy glory to all nations, to preserve the works of Thy mercy, that Thy Church, being spread through the whole world may continue with unchanging faith in the confession of Thy name. . . .

We pray Thee, O God of might, wisdom, and justice through Whom authority is rightly administered, laws are enacted, and judgment

decreed assist with Thy holy spirit of counsel and fortitude the President of the United States that his administration may be conducted in righteousness and be eminently useful to Thy people over whom he presides, by encouraging due respect for virtue and religion, by a faithful execution of the laws in justice and mercy and by restraining vice and immorality.

Let the light of Thy divine wisdom direct the deliberations of Congress and shine forth in all the proceedings and laws framed for our rule and government, so that they may tend to the restoration of peace, the promotion of national happiness, the increase of industry, sobriety, and useful knowledge and may perpetuate to us the blessing of equal liberty.

We pray for his Excellency, the Governor of this State, for the members of the Assembly, for all judges, magistrates, and other officers who are appointed to guard our political welfare that they may be enabled, by Thy powerful protection to discharge the duties of their respective stations with honesty and ability.

We recommend likewise to Thy unbounded mercy all our brethren and fellow-citizens throughout the United States, that they may be blessed in the knowledge and sanctified in the observance of Thy most holy law, that they may be preserved in union, and in that peace which the world cannot give and after enjoying the blessings of this life be admitted to those which are eternal. . . . Amen.

Prayer for Peace (Benedict XV)

Dismayed by the strife and jealousy which are bringing ruin to peoples and nations, we turn O Jesus, to Thy most loving Heart as our only hope, O God of Mercy, with tears we invoke Thee to end wars and the horror of war, O King of peace we humbly implore the peace for which we long.

From Thy Sacred Heart Thou didst shed forth over the world divine charity, so that discord might end and love alone might reign among men. During Thy life on earth, Thy Heart beat with tender compassion for the sorrows of men. In this day, when hate often dominates, may Thy divine Heart be once more moved to pity.

Inspire rulers and peoples with counsels of meekness. Heal the discords that tear nations asunder. Thou Who didst shed Thy precious blood that they might live as brothers, bring men together once more in loving harmony. To the cry of the Apostle Peter: "Save us, Lord, we perish," Thou didst answer words of mercy and didst still the waves. Deign now to hear our trustful prayers and give back to the world order and peace.

And do thou, O most Holy Virgin, as in other times of distress, be our help, our protection, and our safeguard. Amen.

My God, Thy Will be done! Blessed be Thy Holy Name. (5 *times*.)

Prayer After the Holy Hour

My Holy-Hour is over. I've mediated on Your greatness, and goodness, and offended majesty, and unfailing Providence in my behalf. My mind and heart have profited by my meditation.

Now, my will must also come into play: I've got to take a good, practical resolution, and force myself to keep it. After all, what's the use of thinking fine thoughts about You, if I don't do fine things for You? So, dear Lord, I here resolve (make a clear-cut, simple resolution to do or not to do—to do something that would please and glorify God; or not to do what stands most between you and God). With your help, I'll keep that resolution. I don't want to let You down in this matter. Be with me always, to guide and strengthen.

Thank You from the heart for the kindness of this audience with You. Please overlook my distractions, my absentmindedness, my preoccupations about other things in Your Presence.

Now, I'm going home to my work stronger because of this Holy Hour and, I hope, loving You ever more.

Mary, Our Lady of the Blessed Sacrament, thanks for being with me. And please stay with me, so that this Holy Hour will become a holy life for me.

O Virgin Mary, Our Lady of the Most Blessed Sacrament, who are the glory of Christians, the joy of the Universal Church and the hope of the world, pray for us. Stir up in all the Faithful devotion to the Most Holy Eucharist, that they may render themselves worthy to communicate every day. (500 days.)

WHY NOT GET ALL YOU CAN with no extra effort?

By enrolling in the People's Eucharistic League, you can gain many plenary and partial indulgences for making the Holy Hour, which you cannot gain otherwise. (No plenary indulgences are granted for a private Holy Hour unless you belong to an Association that has that privilege.)

You also share in a Mass offered monthly for your intentions and in all the prayers, penances, and other good works of the Fathers of the Blessed Sacrament and their associates.

No dues. No obligations binding under pain of sin.

As you make the Holy Hour regularly at least once a month, why not associate yourself to the thousands of others who belong to the People's Eucharistic League and who form a Guard of Honor for our Sacramental King?

For information write to

THE PEOPLE'S EUCHARISTIC LEAGUE

194 East 76th Street
New York 21, N. Y.

Imprimi Potest:

Roland Huot,
Provincial Superior.

The *Nihil Obstat* and *imprimatur* are official declarations that a book or pamphlet is free of doctrinal or moral error. No implication is contained therein that those who have granted the *Nihil Obstat* and *Imprimatur* agree with the contents, opinions or statements expressed.

Nihil Obstat:
Imprimatur:
July 22, 1955.

JOHN M. A. FEARNs, S.T.D.,
Censor Librorum.
✠ FRANCIS CARDINAL SPELLMAN,
Archbishop of New York.

5. Before you leave, be sure to thank God for receiving you so kindly and excuse yourself for your distractions.
6. Formulate some resolution as a practical projection of your Holy Hour to the rest of your life. Be specific, not general, and let your resolution be the fruit of your meditation.
7. During the last minutes of the Holy Hour, recite 1 Our Father, 1 Hail Mary, 1 Glory Be to the Father, for the intentions of the Pope, to gain the indulgences attached to this Holy Hour.

Indulgences of the Holy Hour:

- (a) A plenary indulgence for each Holy Hour, if you belong to the People's Eucharistic League or some other Association that has that privilege, or if you make a publicly conducted Holy Hour.

Conditions: Confession and Communion within the eight days that precede or within the eight days that follow the Holy Hour.

Prayers for the intentions of the Pope as stated above.

- (b) An indulgence of ten years each time.
 - (c) Whatever indulgences are attached to the prayers you recite.
- When distractions beset you, relax and calmly bring your mind back to God. Getting upset won't help. Get back to your book.
 - If you grow tired of kneeling, sit down.

**All New and All You Need
For
YOUR HOLY HOUR**

Holy Hour Pamphlets10c each
(A complete Holy Hour divided according to the Four Ends of Sacrifice—plus a variety of prayers in each pamphlet.)

Titles

1. **Faith**
2. **Fraternal Charity**
3. **By the Side of a Grave**
4. **Watch and Pray**
5. **Institution of the Holy Eucharist**

Holy Hour Guide15c
(Explains what to do during the Holy Hour—the method of prayer best suited to you—how to meditate before the Blessed Sacrament—how to shake off distractions . . . etc.)

* * *

THE BLESSED SACRAMENT FATHERS

* * * * *

Order from

THE SENTINEL PRESS

194 East 76th Street New York 21, N. Y.