

# HOLY HOUR TO PRAY FOR THE DIGNITY OF THE DYING



## General Order of Service

### Exposition

*Please Kneel*



**O SALUTARIS** Hostia  
Quae caeli pandis ostium.  
Bella premunt hostilia;  
Da robur, fer auxilium.

Uni trinoque Domino  
Sit sempiterna gloria:  
Qui vitam sine termino,  
Nobis donet in patria.

Amen.

**O SAVING** Victim opening wide  
The gate of heaven to all below.  
Our foes press on from every side;  
Thine aid supply, Thy strength bestow.

To Thy great name be endless praise  
Immortal Godhead, One in Three;  
Oh, grant us endless length of days,  
In our true native land with Thee.

Amen. (tr. E Caswall)

### Opening Prayer

*Please Stand*

**Presider:** Let us pray.

Lord, hear the prayers of the people gathered here before you that through this worship of Your Body and Blood, the Sacrament of Charity, may we be filled with true love of our neighbors, including the sick and the elderly, and grant to all of us gathered here the grace of a happy death and the strength of perseverance, for you are Lord forever and ever.

**All:** Amen.

### Liturgy of the Word

See Appendix A for suggested options for readings

### Period of Silent Prayer



## Rosary Meditations

See Appendix B.

## Prayers for Special Needs

See supplement from the Secretariat for Pro-Life Activities



## Benediction

*Please Kneel*



**TANTUM** ergo  
Sacramentum  
Veneremur cernui:  
Et antiquum documentum  
Novo cedat ritui:  
Praestet fides supplementum  
Sensuum defectui.

Genitori, Genitoque  
Laus et iubilatio,  
Salus, honor, virtus quoque  
Sit et benedictio:  
Procedenti ab utroque  
Compar sit laudatio.

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.

**Presider:** 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, on God, for ever and ever.

**All:** Amen.

*All are blessed with the Blessed Sacrament.*



## The Divine Praises

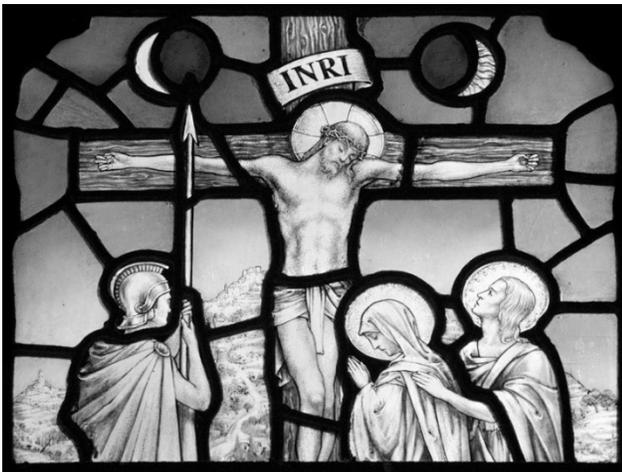
All: Blessed be God.  
Blessed be his Holy Name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the Name of Jesus.  
Blessed be his Most Sacred Heart.  
Blessed be his Most Precious Blood.  
Blessed be Jesus in the most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
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.

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## Closing Hymn

*Please Stand*



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 loud celestial hymn  
Angel choirs above are raising,  
Cherubim and seraphim,  
In unceasing chorus praising;  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord.

<sup>1</sup>Nheyob - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=25734229>

<sup>2</sup>John Salmon, CC BY-SA 2.0, <https://commons.wikimedia.org/w/index.php?curid=12501277>

## Appendix A: Suggested Scripture Readings

*January:*

*Galatians 2:16, 19-21*

Brothers and sisters:

We who know that a person is not justified by works of the law  
but through faith in Jesus Christ,  
even we have believed in Christ Jesus  
that we may be justified by faith in Christ  
and not by works of the law,  
because by works of the law no one will be justified.  
For through the law I died to the law,  
that I might live for God.  
I have been crucified with Christ;  
yet I live, no longer I, but Christ lives in me;  
insofar as I now live in the flesh,  
I live by faith in the Son of God  
who has loved me and given himself up for me.  
I do not nullify the grace of God;  
for if justification comes through the law,  
then Christ died for nothing.

*February:*

*Colossians 1:24-28*

Brothers and sisters:

Now I rejoice in my sufferings for your sake,  
and in my flesh I am filling up  
what is lacking in the afflictions of Christ  
on behalf of his body, which is the church,  
of which I am a minister  
in accordance with God's stewardship given to me  
to bring to completion for you the word of God,  
the mystery hidden from ages and from generations past.  
But now it has been manifested to his holy ones,  
to whom God chose to make known the riches of the glory  
of this mystery among the Gentiles;  
it is Christ in you, the hope for glory.  
It is he whom we proclaim,  
admonishing everyone and teaching everyone with all wisdom,  
that we may present everyone perfect in Christ.

*March:*

*Luke 22:39-46*

Then going out, he went, as was his custom, to the Mount of Olives,  
and the disciples followed him.

When he arrived at the place he said to them,

“Pray that you may not undergo the test.”

After withdrawing about a stone’s throw from them and kneeling,

he prayed, saying, “Father, if you are willing,

take this cup away from me;

still, not my will but yours be done.”

And to strengthen him an angel from heaven appeared to him.

He was in such agony and he prayed so fervently

that his sweat became like drops of blood

falling on the ground.

When he rose from prayer and returned to his disciples,

he found them sleeping from grief.

He said to them, “Why are you sleeping?

Get up and pray that you may not undergo the test.”

*April:*

*Deuteronomy 30:15-20*

Moses said to the people:

"Today I have set before you

life and prosperity, death and doom.

If you obey the commandments of the LORD, your God,

which I enjoin on you today,

loving him, and walking in his ways,

and keeping his commandments, statutes and decrees,

you will live and grow numerous,

and the LORD, your God,

will bless you in the land you are entering to occupy.

If, however, you turn away your hearts and will not listen,

but are led astray and adore and serve other gods,

I tell you now that you will certainly perish;

you will not have a long life

on the land that you are crossing the Jordan to enter and occupy.

I call heaven and earth today to witness against you:

I have set before you life and death,

the blessing and the curse.

Choose life, then,

that you and your descendants may live, by loving the LORD, your God,

heeding his voice, and holding fast to him.

For that will mean life for you,

a long life for you to live on the land that the LORD swore

he would give to your fathers Abraham, Isaac and Jacob."

*May:*

*Matthew 25: 31-46*

Jesus said to his disciples:

"When the Son of Man comes in his glory,  
and all the angels with him,  
he will sit upon his glorious throne,  
and all the nations will be assembled before him.

And he will separate them one from another,  
as a shepherd separates the sheep from the goats.  
He will place the sheep on his right and the goats on his left.

Then the king will say to those on his right,  
'Come, you who are blessed by my Father.

Inherit the kingdom prepared for you from the foundation of the world.

For I was hungry and you gave me food,

I was thirsty and you gave me drink,

a stranger and you welcomed me,

naked and you clothed me,

ill and you cared for me,

in prison and you visited me.'

Then the righteous will answer him and say,

'Lord, when did we see you hungry and feed you,

or thirsty and give you drink?

When did we see you a stranger and welcome you,

or naked and clothe you?

When did we see you ill or in prison, and visit you?'

And the king will say to them in reply,

'Amen, I say to you, whatever you did

for one of the least brothers of mine, you did for me.'

Then he will say to those on his left,

'Depart from me, you accursed,

into the eternal fire prepared for the devil and his angels.

For I was hungry and you gave me no food,

I was thirsty and you gave me no drink,

a stranger and you gave me no welcome,

naked and you gave me no clothing,

ill and in prison, and you did not care for me.'

Then they will answer and say,

'Lord, when did we see you hungry or thirsty

or a stranger or naked or ill or in prison,

and not minister to your needs?'

He will answer them, 'Amen, I say to you,

what you did not do for one of these least ones,

you did not do for me.'

And these will go off to eternal punishment,

but the righteous to eternal life."

**June:**

**1 John 4:9-5:4**

Beloved, we love God because  
he first loved us.  
If anyone says, "I love God,"  
but hates his brother, he is a liar;  
for whoever does not love a brother whom he has seen  
cannot love God whom he has not seen.  
This is the commandment we have from him:  
Whoever loves God must also love his brother.

Everyone who believes that Jesus is the Christ is begotten by God,  
and everyone who loves the Father  
loves also the one begotten by him.  
In this way we know that we love the children of God  
when we love God and obey his commandments.  
For the love of God is this,  
that we keep his commandments.  
And his commandments are not burdensome,  
for whoever is begotten by God conquers the world.  
And the victory that conquers the world is our faith.

**July:**

**Luke 9:18-24**

Once when Jesus was praying in solitude,  
and the disciples were with him,  
he asked them, "Who do the crowds say that I am?"  
They said in reply, "John the Baptist;  
others, Elijah;  
still others, 'One of the ancient prophets has arisen.'"  
Then he said to them, "But who do you say that I am?"  
Peter said in reply, "The Christ of God."  
He rebuked them  
and directed them not to tell this to anyone.

He said, "The Son of Man must suffer greatly  
and be rejected by the elders, the chief priests, and the scribes,  
and be killed and on the third day be raised."  
Then he said to all,  
"If anyone wishes to come after me, he must deny himself  
and take up his cross daily and follow me.  
For whoever wishes to save his life will lose it,  
but whoever loses his life for my sake will save it."

*August:*

**2 Cor 4:13-5:1**

Brothers and sisters:

Since we have the same spirit of faith,  
according to what is written, I believed, therefore I spoke,  
we too believe and therefore we speak,  
knowing that the one who raised the Lord Jesus  
will raise us also with Jesus  
and place us with you in his presence.  
Everything indeed is for you,  
so that the grace bestowed in abundance on more and more people  
may cause the thanksgiving to overflow for the glory of God.  
Therefore, we are not discouraged;  
rather, although our outer self is wasting away,  
our inner self is being renewed day by day.  
For this momentary light affliction  
is producing for us an eternal weight of glory  
beyond all comparison,  
as we look not to what is seen but to what is unseen;  
for what is seen is transitory, but what is unseen is eternal.  
For we know that if our earthly dwelling, a tent,  
should be destroyed,  
we have a building from God,  
a dwelling not made with hands, eternal in heaven.

*September:*

**1 Peter 1:3-9**

Blessed be the God and Father of our Lord Jesus Christ,  
who in his great mercy gave us a new birth to a living hope  
through the resurrection of Jesus Christ from the dead,  
to an inheritance that is imperishable, undefiled, and unfading,  
kept in heaven for you  
who by the power of God are safeguarded through faith,  
to a salvation that is ready to be revealed in the final time.  
In this you rejoice, although now for a little while  
you may have to suffer through various trials,  
so that the genuineness of your faith,  
more precious than gold that is perishable even though tested by fire,  
may prove to be for praise, glory, and honor  
at the revelation of Jesus Christ.  
Although you have not seen him you love him;  
even though you do not see him now yet believe in him,  
you rejoice with an indescribable and glorious joy,  
as you attain the goal of your faith, the salvation of your souls.

**October:**

**1 Peter 4:13-16**

Beloved:

Rejoice to the extent that you share in the sufferings of Christ,  
so that when his glory is revealed  
you may also rejoice exultantly.

If you are insulted for the name of Christ, blessed are you,  
for the Spirit of glory and of God rests upon you.

But let no one among you be made to suffer  
as a murderer, a thief, an evildoer, or as an intriguer.

But whoever is made to suffer as a Christian should not be ashamed  
but glorify God because of the name.

**November:**

**Romans 8:31b-38**

If God is for us, who can be against us?  
He did not spare his own Son  
but handed him over for us all,  
how will he not also give us everything else along with him?  
Who will bring a charge against God's chosen ones?

It is God who acquits us.

Who will condemn?

It is Christ Jesus who died, rather, was raised,  
who also is at the right hand of God,  
who indeed intercedes for us.

What will separate us from the love of Christ?

Will anguish, or distress, or persecution, or famine,  
or nakedness, or peril, or the sword?

As it is written:

*For your sake we are being slain all the day;  
we are looked upon as sheep to be slaughtered.*

No, in all these things we conquer overwhelmingly  
through him who loved us.

For I am convinced that neither death, nor life,  
nor angels, nor principalities,  
nor present things, nor future things,  
nor powers, nor height, nor depth,  
nor any other creature will be able to separate us  
from the love of God in Christ Jesus our Lord.

*December:*

*Romans 8: 12-30*

Brothers and sisters,  
we are not debtors to the flesh,  
to live according to the flesh.  
For if you live according to the flesh, you will die,  
but if by the spirit you put to death the deeds of the body,  
you will live.

For those who are led by the Spirit of God are sons of God.  
For you did not receive a spirit of slavery to fall back into fear,  
but you received a spirit of adoption,  
through which we cry, "Abba, Father!"  
The Spirit himself bears witness with our spirit  
that we are children of God,  
and if children, then heirs,  
heirs of God and joint heirs with Christ,  
if only we suffer with him  
so that we may also be glorified with him.  
I consider that the sufferings of this present time are as nothing  
compared with the glory to be revealed for us.  
For creation awaits with eager expectation  
the revelation of the children of God;  
for creation was made subject to futility,  
not of its own accord but because of the one who subjected it,  
in hope that creation itself  
would be set free from slavery to corruption  
and share in the glorious freedom of the children of God.  
We know that all creation is groaning in labor pains even until now;  
and not only that, but we ourselves,  
who have the firstfruits of the Spirit,  
we also groan within ourselves  
as we wait for adoption, the redemption of our bodies.  
For in hope we were saved.  
Now hope that sees for itself is not hope.  
For who hopes for what one sees?  
But if we hope for what we do not see, we wait with endurance.  
The Spirit comes to the aid of our weakness;  
for we do not know how to pray as we ought,  
but the Spirit himself intercedes with inexpressible groanings.  
And the one who searches hearts  
knows what is the intention of the Spirit,  
because he intercedes for the holy ones  
according to God's will.  
We know that all things work for good for those who love God,  
who are called according to his purpose.  
For those he foreknew he also predestined

to be conformed to the image of his Son,  
so that he might be the firstborn  
among many brothers.

And those he predestined he also called;  
and those he called he also justified;  
and those he justified he also glorified.



## **Appendix B: Rosary Meditations**

### **The Five Joyful Mysteries (Mondays, Saturdays, and Sundays of Advent)**

#### ***The Annunciation***

The Angel Gabriel appears to Mary and the Word takes flesh in her womb. May we always appreciate the great gift of human life, from its earliest stages, to its latest.

#### ***The Visitation***

Our Lady makes haste to help her cousin Elizabeth. As Christians, we are obliged to help those in need.

#### ***The Nativity of our Lord Jesus Christ***

God has appeared to us, and he has united himself to our human nature. All that is human is now touched by the divine. Grant that we might see Christ in every person.

#### ***The Presentation in the Temple***

Simeon tells the Blessed Virgin Mary that a sword will pierce her heart as well. Suffering is part of the human condition and not something to fear but to accept humbly from God.

#### ***The Finding of the Child Jesus in the Temple***

Christ astounds the scholars of the law with his wisdom. Christ will be one who teaches with authority, and he has taught us about the dignity of every human person.

### **The Five Sorrowful Mysteries (Tuesdays, Fridays, and Sundays of Lent)**

#### ***The Agony in the Garden***

Christ accepts his suffering as the Father's will for him. Inspired by his example, may we accept our crosses in this life.

#### ***The Scourging at the Pillar***

“Come, all who pass by the way, pay attention and see: Is there any pain like my pain, which has been ruthlessly inflicted upon me, with which the LORD has tormented me on the day of his blazing wrath?” (Lamentations 1:12)

#### ***The Crowning with Thorns***

Christ is humiliated, reduced to a state not fitting his divine nature. Those who are sick often feel similarly. May they see in Christ hope that even midst suffering, they remain who they truly are, the beloved child of God.

#### ***The Carrying of the Cross***

Christ needs help carrying his cross. We, too, must help others who are suffering bear their heavy loads.

#### ***The Crucifixion and Death of our Lord***

Christ suffers and dies on the cross. No human experience is foreign to the divine. Our sufferings can be united to him for the salvation of the world.

## *The Five Glorious Mysteries (Wednesdays and Sundays of Easter)*

### ***The Resurrection***

After Good Friday, there is always Easter Sunday. Our earthly trials are nothing, as death has been defeated, but our earthly wounds remain, now glorified.

### ***The Ascension***

Christ goes to reign at the right hand of the Father as the New Temple. Our sufferings united to his are worship before the Father.

### ***The Descent of the Holy Spirit at Pentecost***

Christ has not left us orphans but given us a Helper to strengthen us in time of need.

### ***The Assumption of the Blessed Virgin Mary***

Where Christ went, we too, shall follow. We have hope that there is more than just this earthly existence.

### ***The Coronation of Mary as Queen of Heaven and Earth***

God shows forth his splendor by elevating us beyond our human nature to be like him. “The glory of God is man fully alive.” Human nature, with all of its sufferings, is truly a masterpiece made by God.

## *The Five Luminous Mysteries (Thursdays)*

### ***The Baptism in the Jordan***

Christ fulfills all righteousness and submits to baptism at the hands of John. The heavens open and a voice says, “This is my beloved son.” God desires that we all become his sons and daughters as well, giving to each of us a dignity that surpasses our nature.

### ***The Wedding at Cana***

Christ works his first miracle, and Our Lady teaches us to, “Do whatever he tells you,” including bearing our crosses and caring for the sick and elderly.

### ***The Proclamation of the Kingdom***

Christ reveals the Kingdom of God by his presence in history. In living our Christian lives, we are not yet in paradise, but the Kingdom is breaking through into our time.

### ***The Transfiguration***

To strengthen his disciples who will fear at the time of his death, Christ reveals his divine nature. Christ has made a promise to us about Heaven, and we should not fear, for the one who makes the promise is trustworthy.

### ***The Institution of the Eucharist***

Christ gives us the Eucharist to be our food and sustain us on the difficult journey of life.

*Imprimatur:*

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