

Holy Hour of Thanksgiving, Praise, Reparation, and Petition

by Pope Pius VI. (1717 - 1799)

In the Name of the Father, and of the son, and of the Holy Spirit

Lord, have mercy on me. / **Lord, have mercy on me.**
Christ, have mercy on me. / **Christ, have mercy on me.**
Lord, have mercy on me. / **Lord, have mercy on me.**

God, the Father of heaven, **have mercy on me.***
God the Son, Redeemer of the world, *
Holy Spirit, true God, *
Holy Trinity, one God, *

Thou Who has from all eternity decreed the good which Thou has done me, **have mercy on me.***
Thou Who for my individual benefit has displayed Thy omnipotence, wisdom, and goodness, *
Thou, Who each instant loads me with new favors, *
Thou, Who even when I offended Thee, did not withdraw from me Thy liberal hand, *
For creating me in preference to so many others, and making me in Thy image, I thank Thee, O my God. *
For raising me to a supernatural end, and giving me an immortal soul, *
For making me capable of knowing, loving, and possessing Thee forever. *
For providing me with a heal Thy body, undeformed limbs, and undisturbed senses, *
For appointing so many creatures to serve me, *
For giving me an angel as my guide and protector, *
For having preserved and nourished me, like a good father, to this day, *
For having redeemed me from hell by the passion, and death of Thy Son, *
For having called me to the Catholic Church; for having instituted the seven sacraments for my salvation, and for having afforded me so many other means of salvation, have mercy on me.*
For not having yet rejected nor condemned me after my committing so many offenses, *
For having preserved me from innumerable evils, both spiritual and corporal, for having given such abundant blessing to my affairs, my labors, and undertakings, *
For all Thy grace and all Thy benefits, natural and supernatural, *
For the pains, exterior and interior, by which Thou has tried me, for the paternal chastisements and corrections by which Thou has warned me, *
For all the benefits which I have not yet well considered; for all the graces which I have, alas, abused; for all the graces and benefits which Thou would have granted me had not my malice prevented, *
For all the graces and all the benefits which Thou has granted to the holy angels and all Thy elect, for all the graces and all the benefits which Thou has granted to all other men, Thy creatures, *
In union with the thanksgiving which the Church militant on earth has rendered Thee and will render Thee hereafter, *
In union with the thanksgiving which the Church triumphant in heaven has rendered Thee and will render Thee eternally, *

Let us pray: (together)

O God Who has vouchsafed to display in me, the most unworthy of Thy creatures, Thy admirable liberality, I pray Thee, by Thy tender goodness, to add to Thy numberless benefits this grace, that I may in the future be truly grateful for them, and employ them for my salvation and my neighbor's good, in order that by their good use, and by grateful and reciprocal love I may deserve to arrive where, with all Thy Saints, I shall enjoy Thy love, and praise Thee forever. **Amen.**

Psalm 65: Praise of Creation (together)

¹ Praise is due to Thee,
O God, in Zion;
and to Thee shall vows be performed,
² O Thou who hearest prayer!
To Thee shall all flesh come
³ on account of sins.
When our transgressions prevail over us,
Thou dost forgive them.
⁴ Blessed is he whom Thou dost choose and bring near,
to dwell in Thy courts!
We shall be satisfied with the goodness of Thy house,
Thy holy temple!
⁵ By dread deeds Thou dost answer us with deliverance,
O God of our salvation,
who art the hope of all the ends of the earth,
and of the farthest seas;
⁶ who by Thy strength hast established the mountains,
being girded with might;
⁷ who dost still the roaring of the seas,
the roaring of their waves,
the tumult of the peoples;
⁸ so that those who dwell at earth's farthest bounds
are afraid at Thy signs;
Thou makest the outgoings of the morning and the evening
to shout for joy.
⁹ Thou visitest the earth and waterest it,
Thou greatly enrichest it;
the river of God is full of water;
Thou providest their grain,
for so Thou hast prepared it.
¹⁰ Thou waterest its furrows abundantly,
settling its ridges, softening it with showers,
and blessing its growth.
¹¹ Thou crownest the year with Thy bounty;
the tracks of Thy chariot drip with fatness.
¹² The pastures of the wilderness drip,
the hills gird themselves with joy,
¹³ the meadows clothe themselves with flocks,
the valleys deck themselves with grain,
they shout and sing together for joy.

Act of Reparation to the Sacred Heart of Jesus

O Jesus, divine Savior, deign to cast a look of mercy upon Your children, who assemble in the same spirit of faith, reparation, and love, and come to deplore their own infidelities, and those of all poor sinners, their brethren. May we touch Your divine Heart by the unanimous and solemn promises we are about to make and obtain mercy for ourselves, for the world, and for all who are so unhappy as not to love You.

We all promise that for the future:

For the forgetfulness and ingratitude of men, **we will console you O Lord***

For the way You are deserted in Your holy tabernacle, *

For the crimes of sinners, *

For the hatred of the impious, *

For the blasphemies uttered against You, *

For the sacrileges that profane Your Sacrament of Love, *

For the outrages against Your divinity, *

For the injuries of which You are the adorable Victim, *

For the coldness of the greater part of your children, *

For the contempt of your loving invitation, *

For the infidelity of those who called themselves Your friends, *

For the abuse of Your grace, *

For our own unfaithfulness, *

For the incomprehensible hardness of our hearts, *

For our long delay in loving You, *

For our tepidity in Your holy service, *

For Your bitter sadness at the loss of souls, *

For Your long waiting at the door of our hearts, *

For the heartless scorn that grieves You, *

For Your loving sighs, *

For Your loving tears, *

For Your loving imprisonment, *

For Your loving death, *

Let us pray

O Jesus! divine Savior, from whose Heart comes forth this bitter complaint, "I looked for one that would comfort me, and I found none," graciously accept the feeble consolation we offer You, and aid us so powerfully by your grace, that we may, for the time to come, shun more and more all that can displease You, and prove ourselves in everything, and everywhere, and forever Your most faithful and devoted servants. We ask it through Your Sacred Heart, O Lord, who live and reign with the Father and the Holy Spirit one God, world without end. Amen.

Act of Consecration to the Sacred Heart of Jesus (together)

Most Sacred Heart of Jesus, I consecrate myself to Your Most Sacred Heart. Take possession of my whole being; transform me into Yourself. Make my hands Your hands, my feet Your feet, my heart Your heart. Let me see with Your eyes, listen with Your ears, speak with Your lips, love with Your heart, understand with Your mind, serve with Your will, and be dedicated with my whole being. Make me Your other self. Most Sacred Heart of Jesus, send me Your Holy Spirit to teach me to love You and to live through You, with You, in You and for You. Come, Holy Spirit, make my body Your temple. Come, and abide with me forever. Give me the deepest love for the Sacred Heart of Jesus in order to serve Him with my whole heart, soul, mind and strength. Take possession of all my faculties of body and soul. Regulate all my passions: feelings and emotions. Take possession of my intellect, understanding and will; my memory and imagination. O Holy Spirit of Love, give me an abundance of Your efficacious graces. Give me the fullness of all the virtues; enrich my faith, strengthen my hope, increase my trust, and inflame my love. Give me the fullness of Your sevenfold gifts, fruits and beatitudes. Most Holy Trinity, make my soul Your sanctuary.

Psalm 76: Praise of His Power (together)

- ¹ In Judah God is known,
his name is great in Israel.
- ² His abode has been established in Salem,
his dwelling place in Zion.
- ³ There he broke the flashing arrows,
the shield, the sword, and the weapons of war. *Selah*
- ⁴ Glorious art Thou, more majestic
than the everlasting mountains.
- ⁵ The stouthearted were stripped of their spoil;
they sank into sleep;
all the men of war
were unable to use their hands.
- ⁶ At Thy rebuke, O God of Jacob,
both rider and horse lay stunned.
- ⁷ But Thou, terrible art Thou!
Who can stand before Thee
when once Thy anger is roused?
- ⁸ From the heavens Thou didst utter judgment;
the earth feared and was still,
- ⁹ when God arose to establish judgment
to save all the oppressed of the earth. *Selah*
- ¹⁰ Surely the wrath of men shall praise Thee;
the residue of wrath Thou wilt gird upon Thee.
- ¹¹ Make your vows to the Lord your God, and perform them;
let all around him bring gifts
to him who is to be feared,
- ¹² who cuts off the spirit of princes,
who is terrible to the kings of the earth.

Aspirations of Cardinal Bona (together)

I entreat Thee, dearest Savior, come and reign over my heart. Far from me forever be all other loves but Thine, my supreme God.

Burn me with the fire of Thy beauty, O sovereign of my heart; to Thee I sacrifice all, even my inmost being. Jesus, lord of my heart, mighty and strong, all hail! O Savior, reign absolutely over this heart of mine. Oh! How happy I am to think that Thy reign can have no end. Thousands of hearts have loved Thee tenderly, Thousands of hearts will cherish Thee in time to come. Would that they were all united with mine to love and cherish Thee as Thou deserves. Would that I could make Thee sought for and loved by all the sons of Adam, Lord who art all lovable!

Triumph, my love, my beginning, and my all! I want Thee only, desire Thee alone!

My joy, my great joy is that Thou art God, a God that is good, perfect, immeasurable, infinite, just, wise, powerful. I love Thee for Thy own sake, and I rejoice in Thy favor for the sole reason that they are Thine!

I throw myself into Thy arms, Jesus, with all the fervor of my soul. I sing for joy that all the angels and saints adore and praise Thee. Oh! That I could love Thee in proportion as Thou art lovable! But since this is impossible for any creature, let me at least love Thee as much as I can and ought.

Fill my soul with Thy love, my God, so that I may die in its embrace, wholly devoured and burnt up in its flame. How much I repent having loved anything else but Thee! Oh! Would that I might have my life over again, and drown it in Thy love!

Sweet life of my soul, let my heart faint away in Thee! What else can I desire in heaven, what else can I seek on earth, but Thou?

I have asked of Thee one favor alone, and it is all that I shall seek, Lord, at Thy hand: to dwell in Thy house all the days of Thy life. May my last breath be a sigh of love. May I die of Thy love, my God. May my life, if it did not begin with love, at least end in it; and let my last act be an act of love.

Short Litany of Aspirations

May I prove to You my love, O heart of Jesus, by a spirit of self-sacrifice for your interests.

May I cheerfully make every sacrifice You demand of me, **O heart of my Jesus.***

May the sacrifices You ask of me glorify You, *

May each sacrifice made for Your love draw me nearer to You, *

By increasing in the spirit of self-sacrifice, may I become more like You...*

May the sacrifices I make be agreeable to You,...*

May each sacrifice win one soul to You,...*

May each sacrifice prevent one mortal sin,...*

May each sacrifice earn a special grace for some soul,...*

May each sacrifice merit a holy death for some soul,...*

May each sacrifice relieve a soul in purgatory,...*

May each sacrifice ascend as a prayer to You, O heart of my Jesus.*

May each sacrifice be as a hymn of praise to You,...*

May Your Holy Spirit instruct me more and more in the spirit of self-sacrifice,...*

May the spirit of self-sacrifice increase in our family,...*

May the same spirit be propagated throughout the whole Church,...*

And may it hasten the Church's triumph....*

O Lamb of God, sacrificed for us, **give us a spirit of self-sacrifice.**

O Lamb of God, daily immolating Yourself upon the altar for us, **give us grace to immolate our wills for Your sake.**

O Lamb of God, dying for us, **give us grace to die to all that wounds your Sacred Heart.**

Let us pray

O Lord Jesus Christ, whose whole life was one continual sacrifice for the glory of Your Father and the salvation of our souls, grant us the grace to find our joy in making sacrifices for You and for the interests of Your Sacred Heart. Amen.

I Fly to Thee (together)

I fly to Thee Sacred Heart of my Savior, for Thou art for my refuge, my only hope. Thou art the remedy for all my miseries, my consolation in all my wretchedness, the reparation for all my infidelities, the supplement for all my deficiencies, the expiation for all my sins, and the hope and end of all my prayers. Thou art the only one Who is never weary of me and Who can bear with my faults, because Thou loves me with an infinite love. Therefore, O my God, have mercy on me according to Thy great mercy, and do with me, and for me, and in me, whatever Thou wills, for I give myself entirely to Thee, divine Heart, with full confidence that Thou will never reject me. Amen.

Psalm 146: Psalm of Mercy (together)

¹ Praise the Lord!
Praise the Lord, O my soul!
² I will praise the Lord as long as I live;
I will sing praises to my God while I have being.
³ Put not your trust in princes,
in a son of man, in whom there is no help.
⁴ When his breath departs he returns to his earth;
on that very day his plans perish.
⁵ Happy is he whose help is the God of Jacob,
whose hope is in the Lord his God,
⁶ who made heaven and earth,
the sea, and all that is in them;
who keeps faith for ever;
⁷ who executes justice for the oppressed;
who gives food to the hungry.
The Lord sets the prisoners free;
⁸ the Lord opens the eyes of the blind.
The Lord lifts up those who are bowed down;
the Lord loves the righteous.
⁹ The Lord watches over the sojourners,
he upholds the widow and the fatherless;
but the way of the wicked he brings to ruin.
¹⁰ The Lord will reign for ever,
thy God, O Zion, to all generations.
Praise the Lord!

Prayer for Health (together)

O Sacred Heart of Jesus, I come to ask of your infinite mercy the gift of health and strength that I may serve you more faithfully and love you more sincerely than in the past. I wish to be well and strong if this be your good pleasure and for your greater glory. Filled with high resolves and determined to perform my tasks most perfectly for love of you, I wish to be enabled to go back to and forever continue my duties. Amen.

Golden Arrow (x3) (together)

May the most holy, most sacred, most adorable, most mysterious and unutterable Name of God be always praised, blessed, loved, adored and glorified in heaven, on earth and under the earth, by all the creatures of God, and by the Sacred Heart of our Lord Jesus Christ in the most Holy Sacrament of the altar.

Psalm 8: Praise of Magnificence (together)

¹ O Lord, our Lord,
how majestic is thy name in all the earth!
Thou whose glory above the heavens is chanted
² by the mouth of babes and infants,
thou hast founded a bulwark because of thy foes,
to still the enemy and the avenger.
³ When I look at thy heavens, the work of thy fingers,
the moon and the stars which thou hast established;
⁴ what is man that thou art mindful of him,
and the son of man that thou dost care for him?
⁵ Yet thou hast made him little less than God,
and dost crown him with glory and honor.
⁶ Thou hast given him dominion over the works of thy hands;
thou hast put all things under his feet,
⁷ all sheep and oxen,
and also the beasts of the field,
⁸ the birds of the air, and the fish of the sea,
whatever passes along the paths of the sea.
⁹ O Lord, our Lord,
how majestic is thy name in all the earth!

Plea to Jesus (together)

Jesus of the Eucharist! Come to us and be our Ruler. All that we have and are is Thine to command, for all that we have is Thine. If our hearts are poor, enrich them with Thy Grace. If they have been wretched and stained, accept them purged and cleansed through the Immaculate Heart of Mary. Suffering heart of Jesus! To Thee we confide all the trials of our souls. Sweet heart of Jesus! To Thy care we confide our weaknesses and ask Thee to accept our sincere repentance. Compassionate heart of Jesus! We confide our souls to Thee, tormented by our suffering conscience. Gentle heart of Jesus! We confide to Thee the peace and salvation of our families.

Eucharistic heart of Jesus! The world, worried unto death, finds a refuge in Thy Heart, where the lance once opened for us the source of Life. Come, O Jesus! Be our Brother in the pure joy of Christian love!

Come, O Jesus! Be our Friend in the depths of this world's sorrows. Amen.

Psalm 100: Psalm of Gratitude (together)

¹ Make a joyful noise to the Lord, all the lands!
² Serve the Lord with gladness!
 Come into his presence with singing!
³ Know that the Lord is God!
 It is he that made us, and we are his;
we are his people, and the sheep of his pasture.
⁴ Enter his gates with thanksgiving,
 and his courts with praise!
 Give thanks to him, bless his name!
⁵ For the Lord is good;
 his steadfast love endures for ever,
 and his faithfulness to all generations.

Psalm 111: Praise of Works and Deeds (together)

¹ Praise the Lord!
I will give thanks to the Lord with my whole heart,
in the company of the upright, in the congregation.
² Great are the works of the Lord,
 studied by all who have pleasure in them.
³ Full of honor and majesty is his work,
 and his righteousness endures for ever.
⁴ He has caused his wonderful works to be remembered;
 the Lord is gracious and merciful.
⁵ He provides food for those who fear him;
 he is ever mindful of his covenant.
⁶ He has shown his people the power of his works,
 in giving them the heritage of the nations.
⁷ The works of his hands are faithful and just;
 all his precepts are trustworthy,
⁸ they are established for ever and ever,
to be performed with faithfulness and uprightness.
⁹ He sent redemption to his people;
 he has commanded his covenant for ever.
 Holy and terrible is his name!
¹⁰ The fear of the Lord is the beginning of wisdom;
a good understanding have all those who practice it.
 His praise endures for ever!

Prayer of Louis de Blois (together)

Welcome me, sweet Jesus, I beseech Thee; press me in the delightful embrace of Thy love, and in its warmth let my numbed spirit be thawed to new life. Open, Lord, open at my knock, and admit my orphan soul into the soft recesses of Thy divine Heart. Though I am the vilest and most unworthy of sinners, deign, Lord, to open for me the secret chambers of Thy love, the inmost shrine of Thy Heart. For my soul yearns to be united with Thee in active love. But never should I have felt this desire of loving Thee, had Thou not grafted it in my heart; help me then to fulfil the longing Thou has planted there. O bright midsummer noon, my God, I thirst for Thee, sigh for Thee, faint with love of Thee. Join me closer to Thyself, O blazing sun, that the soil of my heart, warmed by Thy rays, may bring forth blossoms of holy charity. Kindle in me the lamp of Thy love; pour Thy sweet peace into my breast, and shape me wholly to the pattern of Thy grace, so that I may grow pleasing in Thy eyes.

My Jesus, clothe me with the bright purple of Thy precious Blood, crown me with the garland of Thy worshipful death, welcome me into the bridal chamber of Thy burning love. Abolish all in me that is not to Thy liking. Refashion my evil, soiled, and empty heart in the likeness of Thy own. Give me a pure mind and simple affection. Embrace me in the arms of Thy charity, press me to Thy divine breast, let my soul be melted by the force of Thy burning love and sink into the abyss of heavenly delights. Thy sweetness, Lord, Thy goodness, Thy beauty and loveliness, are strong attractions, but I cannot rise to Thee unless Thou condescends to me. Stoop then, fount of pity, to my low and wretched level, and enable me to love Thee with my whole heart, with my whole soul, and with all my strength.

Ocean of sweetness, flood me with the tide of Thy loving-kindness. Open the cataracts of that great abyss, and let the waves of Thy mercy flow over me. Drown me in the deluge of Thy living love; sink me in the deep waters of Thy blessed charity. Break down the hateful barrier of my lukewarmness and wrongdoing, and enable me to follow Thee, Lord, with ardor unquenched. Let the storm wind of love hurl me to Thee, breathless, lifeless, all unconscious of self. Kiss me with the kiss of Thy forgiveness; and with its seal upon me let me never henceforth love any but Thee, for Thou art my whole treasure, my whole heritage, everything for which my soul can hope.