



A HOLY HOUR FOR LIFE

Prayers before the Blessed Sacrament



Society for the **Protection**
of Unborn Children

The following prayers can be used as part of a Holy Hour of Eucharistic Adoration to pray for respect for the sanctity of life and can be interspersed with periods of silence.

The length of this time of prayer can be shortened or lengthened according to circumstances. It is also possible to pray the Holy Hour without exposing the Blessed Sacrament for adoration by simply omitting the rites of Exposition, Benediction and Reposition.

EXPOSITION

If the Blessed Sacrament is to be exposed, the following may be sung whilst the minister prepares the Holy Eucharist for adoration.

O SALUTARIS HOSTIA

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.

ADORATION

A reading from the first Letter of St. Paul to the Corinthians (11:23-26)

For this is what I received from the Lord, and in turn passed on to you: that on the same night that he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said: “This is my body, which is for you; do this as a memorial of me.” In the same way he took the cup after supper, and said, “This cup is the new covenant in my blood. Whenever you drink it, do this as a memorial of me.” Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

The word of the Lord

R. Thanks be to God.



Following a period of silence, the Joyful Mysteries of the Rosary may now be prayed. It would be appropriate to offer each decade for a different pro-life intention:

THE FIRST JOYFUL MYSTERY: THE ANNUNCIATION

For those facing crisis pregnancies at this time

THE SECOND JOYFUL MYSTERY: THE VISITATION

For those who are suffering after an experience of abortion

**THE THIRD JOYFUL MYSTERY: THE NATIVITY
OF OUR LORD**

For those who work in the pro-life movement

THE FOURTH JOYFUL MYSTERY: THE PRESENTATION

For governments, politicians and all who serve in public office,
that they will work to enact just laws that protect the dignity
of all human beings from conception to natural death

**THE FIFTH JOYFUL MYSTERY: THE FINDING
OF THE CHILD JESUS IN THE TEMPLE**

For all who labour to build a culture of respect for life

LITANY OF THE BLESSED VIRGIN MARY, MOTHER OF LIFE

The Response is: *Mary, pray for us.*

Mary, Mother of all Life,
help us to respect human life from the moment of conception
to the moment of natural death. **R.**

Mary, Mother of Compassion,
You showed us how valuable a single life can be;
Help us to guard and protect the lives of all people entrusted
to our care. **R.**

Mary, Mother of the Child Jesus,
with St. Joseph you formed the Holy Family.
Guard and protect all families in this earthly life; **R.**

Mary, Mother Most Holy,
You sanctified the vocation of motherhood;
Pour out your heavenly aid on all mothers and help them to be holy. **R.**

Mary, Mother of Sorrows,
Simeon's prophecy foretold that a sword of suffering
would pierce your heart;
Bring comfort and hope to all mothers who suffer over their children. **R.**

Mary, Full of Grace,
You had a choice in responding to God's call;
Help us always to say "Yes" to the will of God in our lives,
And strive always to do whatever he tells us. **R.**

Mary, Comforter of the Afflicted,
Pour forth your heavenly grace on all who are in need of God's healing,
Especially those involved in abortion;
Help them to experience the love and mercy of Christ, your Son. **R.**

Mary, Intercessor and Advocate,
We lift up the poor, the displaced, the marginalised and all vulnerable
members of society; Help them to never abandon hope,
but to place their trust in the God who gave them life. **R.**

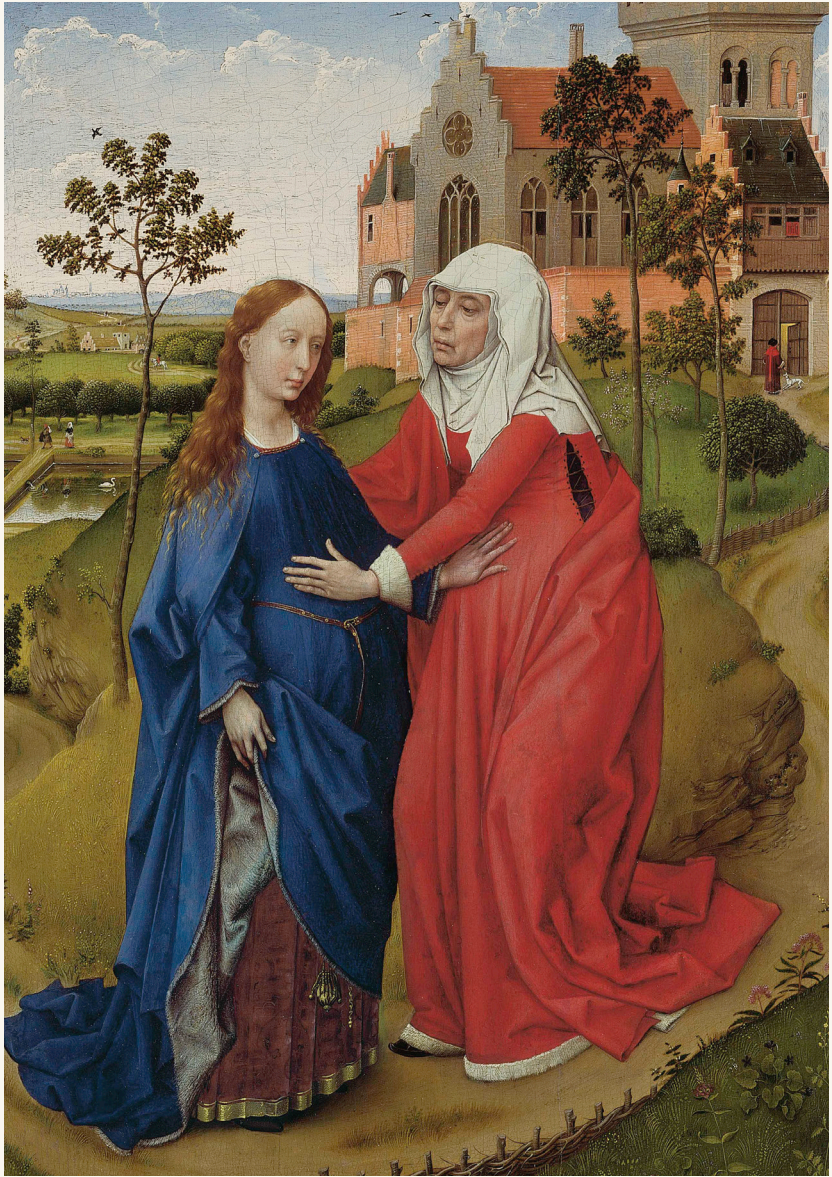
Mary, Mother of the Word Incarnate, you bore in your womb him
whom the heavens cannot contain;
Help us to bear witness to Christ by the example of our lives
And show the world the extravagant love of God. **R.**

ALL:

Remember, o most gracious Virgin Mary, that never was it known
that anyone who fled to your protection, implored your help,
or sought your intercession was left unaided.

Inspired with this confidence, we fly unto you, O Virgin of virgins,
our Mother. To you we come, before you we stand,
sinful and sorrowful. O Mother of the Word Incarnate, despise not
our petitions, but in your mercy hear and answer them. Amen.

Source: Litany of the Blessed Virgin Mary, Mother of Life | USCCB



PRAYER FOR THE SANCTITY OF LIFE

Ever-Living God, you made the Blessed Virgin Mary the new Eve and Mother of All who Live, and your eternal Word took flesh in her womb, making her into a Sanctuary for Life itself:

Through her intercession, grant that all unborn children, like St John the Baptist, may leap with joy in their mothers' wombs;

Through her merits, give to all expectant mothers the virtues and graces they need so as to become,

like Mary, living sanctuaries of new life;

And through her prayers, bestow on us your help and protection in order that we might also be faithful bearers of your Word, prudently proclaiming the Gospel of Life in what we say and in what we do.

We ask this through Christ our Lord.

Amen.

Composed by Fr Lawrence Lew, O.P.

*If the minister is a priest or deacon and there is to be Benediction,
the following may be sung:*

TANTUM ERGO SACRAMENTUM

Tantum ergo Sacramentum

Veneremur cernui:

Et antiquum documentum

Novo cedat ritui:

Praestet fides supplementum

Sensuum defectui.

Genitori, Genitoque

Laus et jubilatio,

Salus, honor, virtus quoque

Sit et benedictio:

Procedenti ab utroque

Compar sit laudatio.

Amen.

You gave them bread from Heaven

R: Containing in itself all goodness

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, God, for ever and ever. Amen.

Benediction follows, after which the following may be said:

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 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 Saint Joseph, her spouse most chaste.

Blessed be God, in his angels and in his saints.

REPOSITION

The following may be sung as the minister reposes the Blessed Sacrament.

O Sacrament most holy, O Sacrament divine!

All praise all thanksgiving be every moment thine! (x3)



SOCIETY FOR THE **PROTECTION** OF UNBORN CHILDREN

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