

Holy Trinity Faith Formation Confirmation Eucharistic Holy Hour



Terms to Know

Monstrance: a sacred vessel used to display (expose) the Most Blessed Sacrament for Eucharistic Adoration.

Exposition: the Sacred Host is removed from the tabernacle and placed in a monstrance on the altar for adoration.

Eucharistic adoration: worship of Jesus truly present, Body, Blood, Soul and Divinity in the Most Blessed Sacrament exposed on the altar.

Benediction: a Eucharistic devotion whereby the priest blesses the people with the Eucharist (in the monstrance) after prayer and singing of hymns.

Immaculate Heart of Mary: the sinless and most compassionate heart of the Mother of God

Double knee genuflection: when we come into the Presence of God veiled in the Sacred Host and exposed in a monstrance, we bow down in reverence with both knees bent and on the floor in a posture of humble reverence. We bow our heads deeply to the floor, make a reverent sign of the cross and pray, "My LORD and my God."

Exposition of the Blessed Sacrament

Kneel: When the presider (priest or deacon) goes to the tabernacle and when he opens it all kneel. Once the celebrant has reached the front of the altar and kneels, O Saving Victim is sung by the congregation.

The words can be found inside the back cover of the Pew Missal.

Take a few minutes to settle your thoughts and calm your soul. You are in the Presence of the Prince of Peace. Be still. Listen in the silence for the Voice of God.

OPENING PRAYER:

Dear Jesus, You made a Holy Hour, the night before You died. That night You said, "Could you not watch one hour with Me?" I desire to watch this hour with You, my Jesus. I would like to make up for the agony that You suffered in the Garden. I would like to make up for the neglect and indifference with which the world treats You in the Most Blessed Sacrament of the Altar. I am here to adore You, to thank You, to love You, to make reparation for my sins, and to invite the Holy Spirit to become more present in my life so that I can, with His help, renew the face of the earth!

Amen

Lord Jesus Christ, I worship You living among us in the Sacrament of your Body and Blood. I offer to our Father in heaven a solemn pledge of undivided love. I offer to my brothers and sisters in Christ a life poured out in loving service for one kingdom, where you live with the Father and the Holy Spirit, one God, forever and ever.

Amen

Guardian Angel, please be at my side and help me to pray well.

Ponder these truths:

You were created by Love, for Love, to be loved and to love others. God had you in Mind since the beginning of time. You were created with a purpose and a mission that only you can fulfill.

PRAY: LORD, What is my mission? I know that You are preparing me for it. Am I cooperating with Your preparation? How does this sacrament of confirmation fit into the mission you have prepared for me?

God created you to one day enjoy eternal happiness with Him; a happiness that has no end. He has given you all that you need to be truly happy.

PRAY: LORD, help my desire for Heaven grow. There are so many things in this world that make me happy and I am so grateful for showering me with these people, these friendships, these comforts. Please help me truly believe that all of this is nothing compared to what you have prepared for me in Heaven.

You were not made for the momentary and fleeting pleasures of this life. You were created for greatness. His plans for you are unimaginable! He wants you to open up

your heart and soul to the treasures of the Holy Spirit. Let Him into your life, your plans, your friendships!

PRAY: Take some time now to tell our Blessed Lord about the dreams you have for your life. He wants to hear from you. Do you want a family when you get older? Do you want to become a well-known athlete, scholar, author, or musician? It is normal to dream about being the BEST in some area of your life because you were created by a Perfect God and made in His image. Your desire for greatness was placed on your heart by Him!

The world surrounds us with things that can distract us from our mission. **Wisdom** will help us prioritize our lives and move towards fulfilling our mission. Are there things in this world that have become distractions instead of tools for your mission?

PRAY: Lord, increase my desire for Your plans for my life. Help me to use the gifts that you have given to me to make this world a better place where You are truly King.

When we **understand** what is important to God, we will direct our hearts and activities towards His goals for us. We will be able to read the Scriptures and hear the Word of God speaking to our soul and influencing our desires.

PRAY: Holy Spirit, please lead me to people and situations that will help me know what God wants for me. Holy Spirit

be with me in particular when I am reading or listening to Sacred Scripture so that His Word will make an impact on my heart, my thoughts, and my actions.

Knowledge is the gift that allows us to learn more about God and recognize His Truth, His beauty and His goodness that surrounds us in this world. It also allows us to know ourselves better, our weaknesses, our strengths, our failures and fear. Knowledge helps us to examine our conscience better. This gift deepens our love for God and deepens our appreciation for all that He has done for us.

PRAY: Holy Spirit, shower me with this gift of knowledge so that I can look at the world through the lens of the Father's love for me. Help me to make a sincere and complete confession so that I can receive the amazing gift of Your mercy!

The ability to choose is one of the greatest gifts God gives us. With this power we can grow closer to holiness and love for God or we can reject His invitation to become a saint. In order to make choices that lead us to happiness, we need the gift of **counsel**.

PRAY: Lord, you know that I do not always choose what will bring me closer to You. I am tempted by the pleasures of the world and it seems to me that If I choose you, I lose happiness. Holy Spirit, shower me with the gift of counsel so that I can use my Free Will to trust that God ALWAYS what is

best for me. He is my loving Father whom I can trustfully surrender to.

Do you live your life knowing that God is always present in every conversation and every action? **Piety** will help keep your relationship with God respectful and real. With this gift you will know that God is a loving Father deserving of reverence and obedience and that you are His beloved child. As His child you can share the love you receive from Him with everyone you encounter in this world.

PRAY: Lord, the world rejects this gift of reverent obedience to You and your teachings. I know that I am your child and you are my loving Father. Please, Holy Spirit, shower me with this gift so that I will live each moment aware that You are at my side hearing every word I say and keeping a constant watch over me. I am never alone because of your constant loving care and I am grateful for Your faithfulness. Help me to share Your care and love with others so that when they see me, they see You through me.

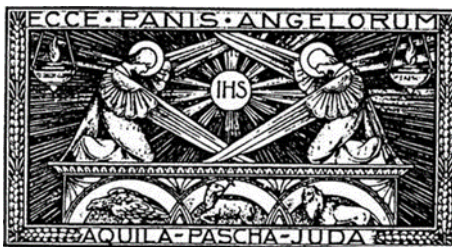
In order to fulfill our mission, fortitude is a necessity. **Fortitude** is the gift of moral courage that allows us think, act and speak knowing that we have Truth on our side. It shields us from cowardice and allows us to protect and defend the teachings of Jesus as handed down to us through His Bride, the Catholic Church.

PRAY: LORD, it is so hard to speak the truth in this world

right now. People have not had the gift of a conscience formed by Your eternal truth and so they are confused. Many people do not react well when they hear that there is a right way to live. Holy Spirit please shower me with the gift of Fortitude so that I will be certain that You are with me to guide my words strengthen my conviction that our Faith is worth defending.

Fear is a great motivator! Fear mixed with love equals profound respect. We have this attitude when in the presence of legitimate authority. With the gift of the Holy Spirit, this combination of fear, love and respect is called The Fear of the Lord. You are currently in the Presence of your Creator, your Savior, your Sanctifier. Are you in awe of this gift of Eucharistic Adoration? With the help of the Holy Spirit, you should be! With Him ALL things are possible.

PRAY: Lord, I believe, please strengthen my faith. Lord, I hope in all of your promises. Please secure them. Lord, I love you! Please help me to love you with my whole heart, mind, soul and strength.



ACT OF CONSECRATION TO THE HOLY SPIRIT

ALL: On my knees before the great multitude of heavenly witnesses I offer myself, soul and body to Thee, Eternal Spirit of God. / I adore the brightness of Thy purity the unerring keenness of Thy justice and the might of Thy love. Thou are the Strength and Light of my soul. In Thee I live and move and am. I desire never to grieve Thee by unfaithfulness to grace and I pray with all my heart to be kept from the smallest sin against Thee. Mercifully guard my every thought and grant that I may always watch for Thy light: and listen to Thy voice and follow Thy gracious inspirations. I cling to Thee and give myself to Thee and ask Thee by Thy compassion to watch over me in my weakness. Holding the pierced Feet of Jesus and looking at His Five Wounds / and trusting in His Precious Blood and adoring His opened Side and stricken Heart / I implore Thee / Adorable Spirit, Helper of my infirmity, so to keep me in Thy grace that I may never sin against Thee. Give me grace O Holy Ghost, Spirit of the Father and the Son to say to Thee always and everywhere / "Speak Lord for Thy servant hears." Amen.



PRAYER FOR THE SEVEN GIFTS OF THE HOLY GHOST

O Lord Jesus Christ Who, before ascending into heaven did promise to send the Holy Ghost to finish Thy work in the souls of Thy Apostles and Disciples, deign to grant the same Holy Ghost to me that He may perfect in my soul, the work of Thy grace and Thy love. Grant me the **Spirit of Wisdom** that I may despise the perishable things of this world and aspire only after the things that are eternal / the **Spirit of Understanding**, to enlighten my mind with the light of Thy divine truth / the **Spirit on Counsel**, that I may ever choose the surest way of pleasing God and gaining heaven / the **Spirit of Fortitude**, that I may bear my cross with Thee and that I may overcome with courage all the obstacles that oppose my salvation / the **Spirit of Knowledge**, that I may know God, know myself and grow perfect in the science of the Saints / the **Spirit of Piety** that I may find the service of God sweet and amiable / the **Spirit of Fear** that I may be filled with a loving reverence towards God and may dread in any way to displease Him. Mark me, dear Lord with the sign of Thy true disciples / and animate me in all things with Thy Spirit. Amen.



The Holy Rosary



In the name of the Father....

I believe in God, the Father Almighty, Creator of heaven and earth. I believe in Jesus Christ, His only Son, our Lord. He was conceived by the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. The third day He rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

For perseverance in my final hour:

Our Father.....

Give us this day our daily bread; and forgive us our
Trespasses as we forgive those who trespass against us;
and lead us not into temptation, but deliver us from evil.
Amen

For an increase in the virtue of faith we pray:

Hail Mary...

For an increase in the virtue of hope we pray...

Hail Mary....

For an increase in the virtue of love we pray...

Hail Mary....

Glory be...

The first Joyful Mystery, the Annunciation: and when the angel Gabriel came to Mary he said, “Hail full of grace, the Lord is with you. Blessed are you among women...Behold you shall conceive and bear a son and shall call his name Jesus.” Mary responded, “I am the handmaid of the Lord...Let it be done unto me according to your word.”

Jesus, we unite ourselves to Mary’s joyful acceptance of the Father’s will. Filled with the Holy Spirit, Mary was docile and prompt in doing Your holy will. Your will is our joy and peace forever. With each Hail Mary of this decade, we pray for the virtue of humility so that we, too, can listen to the Holy Spirit and discern God’s Will for our life.

Our Father....

10 Hail Marys

Glory Be..... O My Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of thy mercy.

PRAY: *O Sacrament Most Holy, O Sacrament divine*

All Praise and all thanksgiving, be every moment Thine!

The second Joyful Mystery, the Visitation: Mary set out in haste and went into the hill country to Zechariah's house and Greeted Elizabeth (her cousin). As soon as Elizabeth heard Mary's greeting, the child leapt in her womb and Elizabeth was filled with the Holy Spirit.

Jesus we unite ourselves to the perfect charity of Mary. We pray that through her intercession, we may be eager to help those in need, as Mary helped her elderly cousin Elizabeth. We remember, that it was an unborn child, in the womb of Elizabeth, who was the first to recognize the promised Messiah, when he leapt for joy. With each Hail Mary of this decade, we pray for the virtue of charity, an end to abortion, the Spirit of Fortitude to defend all life from conception until natural death.

Our Father....

10 Hail Marys

Glory Be..... O My Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of thy mercy.

PRAY: *O Sacrament Most Holy, O Sacrament divine
All Praise and all thanksgiving, be every moment Thine!*

The third Joyful Mystery, the Nativity: "Joseph went from

the town of Nazareth in Galilee to Judea, to David's town of Bethlehem to register with Mary, his espoused wife, who was with child....She gave birth to her first born Son and wrapped Him in swaddling clothes and laid Him in a manger because there was no room for them in the inn."

Jesus, we unite ourselves to the perfect piety that Mary has for you manifested by her grateful adoration she gave to You in Bethlehem on that first Christmas night. She held You in her arms and brought You close to her Immaculate Heart. We thank you for continuing the Incarnation among us, in the Most Blessed Sacrament. Teach us to cherish and reverence Your Eucharistic Presence, so that Your incredible Gift of Self will influence our every thought, word and deed. With each Hail Mary of this decade we pray for the Spirit of Piety so that we may worship You in the Most Blessed Sacrament with great love.
Our Father....

10 Hail Marys

Glory Be..... O My Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of thy mercy.

PRAY: *O Sacrament Most Holy, O Sacrament divine
All Praise and all thanksgiving, be every moment Thine!*

The fourth Joyful Mystery, the Presentation of Jesus in the

Temple: “When the day came for them to be purified according to the Law of Moses, the couple took Him up to Jerusalem to present Him to the Lord, for it is written....Every first born male shall be consecrated to the Lord.” Mary, the Immaculate Conception, had no need to be purified, yet the Holy Family willingly obeyed the Mosaic Law.

Jesus, we unite ourselves to Mary’s perfect understanding of God’s holy Will for her life. She knew that God’s plan was greater than anything that she could imagine for her own life. With obedience she followed the law and entrusted herself to the care of Your Father. With each Hail Mary that we pray in this decade, we pray for a greater understanding of God’s vision for our lives and a trusting heart that will allow Him to lead us.

Our Father....

10 Hail Marys

Glory Be..... O My Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of thy mercy.

PRAY: *O Sacrament Most Holy, O Sacrament divine
All Praise and all thanksgiving, be every moment Thine!*

The Fifth Joyful Mystery is the Finding of Jesus in the Temple: When Jesus was 12 years old, they went up to

Jerusalem for the Feast of Passover. When they were on the way home, the boy Jesus stayed behind in Jerusalem without his parents knowing...Three days later they found Him in the temple. He was sitting among the teachers listening to them and asking them questions. Mary said, "My child, why have you done this to us? See how worried your father and I have been, looking for you?" Jesus replied, "Why were you looking for me? Did you not know that I would be about my Father's business?" He went down with them and came to Nazareth and was obedient to them.

Jesus, Mary and Joseph traveled for a day before noticing You were missing. How long am I distracted to notice that You are not a part of my life? How much time do I allow to pass without talking to You, turning to You, trusting in You? Dear Jesus, send your Spirit of fortitude to always include You in my daily actions, words, thoughts, especially when I am afraid to do what's good and true. Mary and Joseph searched for You for three days. Help me to always look for You. With each Hail Mary of this decade, we pray that we will embrace the courage Your Spirit will give us, so that we may be faithful to You each day.

Our Father....

10 Hail Marys

Glory Be.... O My Jesus, forgive us our sins, save us from the fires of Hell; lead all souls to Heaven, especially those in most need of thy mercy.

PRAY: *O Sacrament most Holy; O Sacrament Divine; all*

praise and all thanksgiving, be every moment Thine!

Hail, Holy Queen, Mother of Mercy, our life, our sweetness, and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this, our exile, show us the blessed fruit of the womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God, That we may be made worthy of the promises of Christ.

Let us pray

O God, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life. Grant, we beseech Thee, that my meditating upon these mysteries of the most holy rosary, of the Blessed Virgin Mary, we may imitate what they contain, and obtain what they promise, through the same Christ, our Lord. Amen.

BENEDICTION OF THE MOST BLESSED SACRAMENT

Find the prayers and songs for Benediction in the inside of the back cover of the Pew Missal

May the heart of Jesus, in the Most Blessed Sacrament, 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.

**Once the doors of the tabernacle are closed, stand
and ALL sing:**

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.