

**Holy Hour Worship Aid – Tuesday, December 8, 2020: Feast of the Immaculate Conception  
National Night of Prayer for Life**

Exposition of the Blessed Sacrament

**(All kneel when the Blessed Sacrament is placed into the monstrance)**

O Salutaris Hostia



1. O sa - lu - ta - ris Ho - sti - a, Quae cae - li pan - dis o - sti - um: Bel -  
2. U - ni tri - no - que Do - mi - no Sit sem - pi - ter - na glo - ri - a, Qui  
la pre - munt ho - sti - li - a, Da ro - bur fer au - xi - li - um.  
vi - tam si - ne ter - mi - no No - bis do - net in pa - tri - a.

Silent Adoration/Reflection

First Meditation Song: "Good Good Father"

*Words and music: Pat Barrett and Tony Brown*

Oh, I've heard a thousand stories of what they think you're like  
But I've heard the tender whisper of love in the dead of night  
And you tell me that you're pleased and that I'm never alone

**Chorus:** You're a Good, Good Father, It's who you are, it's who you are, it's who you are  
And I'm loved by you, It's who I am, it's who I am, it's who I am

Oh, and I've seen many searching for answers far and wide  
But I know we're all searching for answers only you provide  
'Cause you know just what we need before we say a word

*Repeat Chorus*

'Cause you are perfect in all of your ways, you are perfect in all of your ways  
You are perfect in all of your ways to us

You are perfect in all of your ways, you are perfect in all of your ways  
You are perfect in all of your ways to us

Oh, it's love so undeniable, I, I can hardly speak  
Peace so unexplainable, I, I can hardly think

As you call me deeper still, as you call me deeper still, As you call me deeper still into love, love, love

*Repeat Chorus 4x*

### Silent Adoration/Reflection

#### Second Meditation Song: “10,000 Reasons (Bless the Lord)”

*Words and music: Matt Redman*

##### *Refrain:*

Bless the Lord oh my soul, Oh my soul, Worship His Holy name  
Sing like never before, Oh my soul, I'll worship Your Holy name

The sun comes up, It's a new day dawning, It's time to sing Your song again  
Whatever may pass, And whatever lies before me, Let me be singing, When the evening comes

##### *(Refrain)*

You're rich in love, And You're slow to anger, Your name is great  
And Your heart is kind, For all Your goodness, I will keep on singing  
Ten thousand reasons, For my heart to find

##### *(Refrain)*

Bless You Lord

And on that day, When my strength is failing, The end draws near  
And my time has come, Still my soul will, Sing Your praise unending  
Ten thousand years, And then forevermore, Forevermore

##### *(Refrain 2x)*

Yes I'll worship Your Holy name  
I'll worship Your Holy name

Sing like never before, Oh my soul, I'll worship Your Holy name  
Jesus I will worship Your Holy name, Worship Your Holy name

### Silent Adoration/Reflection

#### Prayer to St. Michael the Archangel

**All:** St. Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O Prince of the Heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.

Amen.

Rosary (The Five Sorrowful Mysteries)

**Leader:** In the name of the Father + and of the Son, and of the Holy Spirit. Amen.

**The Apostles' Creed:**

**All:** I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come 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.

**Our Father ...**

**Hail Mary ... (3x for faith, hope, charity)**

**Glory be to the Father ...**

**The First Sorrowful Mystery: Jesus prays in the Garden of Gethsemane before his Crucifixion**

**Our Father ...**

**Hail Mary ... (10x)**

**Glory Be ...**

**Fatima Prayer:** O my Jesus, forgive us our sins. Save us from the fires of Hell. Lead all souls to Heaven, especially those most in need of thy mercy.

**The Second Sorrowful Mystery: Pilate has Jesus scourged**

**Our Father ...**

**Hail Mary ... (10x)**

**Glory Be ...**

**Fatima Prayer:** O my Jesus ...

**The Third Sorrowful Mystery: The soldiers place a crown of thorns on Jesus' head**

**Our Father ...**

**Hail Mary ... (10x)**

**Glory Be ...**

**Fatima Prayer:** O my Jesus ...

**The Fourth Sorrowful Mystery: Jesus carries his Cross to Calvary**

**Our Father ...**

**Hail Mary ... (10x)**

**Glory Be ...**

**Fatima Prayer:** O my Jesus ...

**The Fifth Sorrowful Mystery: The Crucifixion and death of our Lord Jesus**

**Our Father ...**

**Hail Mary ... (10x)**

**Glory Be ...**

**Fatima Prayer:** O my Jesus ...



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 St. Joseph, her most chaste spouse.  
Blessed be God in his angels, and in his saints.

### **Reposition chant:**

**Presider:** 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.

**All:** Amen.

### **Reposition**

#### **Concluding Hymn:**

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! **(repeat)**

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