

A SAMPLE HOLY HOUR FOR RELIGIOUS FREEDOM

INTRODUCTORY RITES

All stand.

Entrance Procession (optional)

During the procession, the people may be incensed. On reaching the sanctuary, the ministers first bow and then venerate the altar.

Exposition

The presider puts on the humeral veil and retrieves the Blessed Sacrament and places it in the monstrance. Then he incenses the Holy Eucharist. All kneel.

Meanwhile, a suitable hymn is sung (for example: Humbly, Lord, We Worship You).

Then, the ministers return to their chairs. All sit.

Adoration

Adoration may take many forms. For example, Evening Prayer from the Liturgy of the Hours may be used as follows:

Greeting	(O God, come to my assistance...)
Hymn	(For example, "Creator of the Stars of Night")
Psalmody	(Psalm 141 / Psalm 142 / Phil 2:6-11)
Reading	(Gal 5:13-26)
Homily	
Canticle of Mary	

The period of adoration would close with the Litany for Liberty (USCCB) and Lord's Prayer:

Presider: Christ the Lord has called us out of darkness into his marvelous light.
Let us turn to him in humble but fervent petition,
seeking the grace to root out from our hearts all trace of darkness,
and all that holds us back
from walking in the full freedom of the children of God.
As Christ is our great model for that inner freedom,
which enables us to do the right,
let us turn to him with confidence
that we, too, may follow him to the fullness of spiritual freedom.

V/. Lord, have mercy;
V/. Christ, have mercy;
V/. Lord, have mercy;

R/. Lord, have mercy.
R/. Christ, have mercy.
R/. Lord, have mercy.

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V/. Jesus, victor over sin and death...	R/.Free our hearts.
Jesus, source of light and hope...	Free our hearts.
Jesus, fullness of truth and mystery...	Free our hearts.
Jesus, teacher of seeking hearts...	Free our hearts.
Jesus, healer of body and soul...	Free our hearts.
Jesus, bringer of mercy and justice...	Free our hearts.
Jesus, who humble the heart and mind...	Free our hearts.
Jesus, release of captives...	Free our hearts.
Jesus, voice against violence...	Free our hearts.
Jesus, courage for the lowly...	Free our hearts.
Jesus, origin of all authority and power...	Free our hearts.
Jesus, true lawgiver...	Free our hearts.
Jesus, unity of order and passion...	Free our hearts.
Jesus, freedom of the Spirit...	Free our hearts.
Jesus, obedient Son of the Father...	Free our hearts.

V/. For the freedom to love...	R/.Give us your grace.
For the freedom to believe...	Give us your grace.
For the freedom to hope...	Give us your grace.
For the freedom to worship...	Give us your grace.
For the freedom to serve in charity...	Give us your grace.
For the freedom to care for the suffering...	Give us your grace.
For the freedom to comfort the sick...	Give us your grace.
For the freedom to feed the hungry...	Give us your grace.
For the freedom to shelter the homeless...	Give us your grace.
For the freedom to proclaim the Gospel...	Give us your grace.
For the freedom to walk in chastity...	Give us your grace.
For the freedom to live in peace...	Give us your grace.
For the freedom to work in good conscience...	Give us your grace.
For the freedom to stand in solidarity...	Give us your grace.
For the freedom to seek justice...	Give us your grace.
For the freedom to reject sin...	Give us your grace.
For the freedom to reject coercion...	Give us your grace.
For the freedom to reject falsehood...	Give us your grace.
For the freedom to reject evil temptations...	Give us your grace.
For the freedom to reject injustice...	Give us your grace.

Lord's Prayer

Benediction

“Prayer for Religious Liberty” (from the USCCB)

Presider: Through the intercession of Mary Immaculate, the Virgin of Guadalupe, we ask that our voices be heard, as we pray together:

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All: O God our Creator,
from your provident hand we have received
our right to life, liberty, and the pursuit of happiness.
You have called us as your people and given us
the right and the duty to worship you, the only true God,
and your Son, Jesus Christ.
Through the power and working of your Holy Spirit,
you call us to live out our faith in the midst of the world,
bringing the light and the saving truth of the Gospel
to every corner of society.
We ask you to bless us
in our vigilance for the gift of religious liberty.
Give us the strength of mind and heart
to readily defend our freedoms when they are threatened;
give us courage in making our voices heard
on behalf of the rights of your Church
and the freedom of conscience of all people of faith.
Grant, we pray, O heavenly Father,
a clear and united voice to all your sons and daughters
gathered in your Church
in this decisive hour in the history of our nation,
so that, with every trial withstood
and every danger overcome—
for the sake of our children, our grandchildren,
and all who come after us—
this great land will always be “one nation, under God,
indivisible, with liberty and justice for all.”
Through Christ our Lord.
Amen.

Hymn: *O Saving Victim*

Prayer

Presider: O God, who gave one origin to all peoples
and willed to gather from them one family for yourself,
fill all hearts, we pray, with the fire of your love
and kindle in them a desire

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for the just advancement of their neighbor,
that, through the good things which you richly bestow upon all,
each human person may be brought to perfection,
every division may be removed,
and equity and justice may be established in human society.

Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God for ever and ever.

Amen.

Benediction

The presider puts on the humeral veil and then blesses the people with the Blessed Sacrament in silence. He replaces the monstrance on the altar and removes the humeral veil. He then returns to the front of the altar and kneels. Then, the Divine Praises are recited:

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.

Reposition

The presider then removes the luna and reposes the Blessed Sacrament.

As soon as the tabernacle door is closed, a concluding the hymn begins – for example, Holy God, We Praise Thy Name.