



Cenacle Holy Hour Booklet

Sharing in Mary's Spiritual Maternity



If possible, the Cenacle Prayer Group meets in front of the Blessed Sacrament (exposed or non-exposed). If it is not possible to meet in front of the Blessed Sacrament, any suitable place may be used.

our prayers

1. Pray the “Come, Holy Spirit” Prayer

Leader: *Come, Holy Spirit, fill the hearts of Thy faithful and enkindle in them the fire of Thy love. Send forth Thy Spirit and they shall be created.*

All: *And Thou shall renew the face of the earth.*

Leader: *Let us pray.*

All: *O God, Who didst instruct the hearts of the faithful by the light of the Holy Spirit, grant us in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.*

2. Pray St. Therese of Lisieux’s Prayer for Priests (together)

O Jesus, eternal Priest, keep your priests within the shelter of Your Sacred Heart, where none may touch them. Keep unstained their anointed hands, which daily touch Your Sacred Body. Keep unsullied their lips, daily purpled with your Precious Blood. Keep pure and unearthly their hearts, sealed with the sublime mark of the priesthood. Let Your holy love surround them and shield them from the world’s contagion. Bless their labors with abundant fruit and may the souls to whom they minister be their joy and consolation here, and in heaven their beautiful and everlasting crown. Amen.

3. Lector: Read the Gospel reading for the upcoming Sunday Mass (out loud)

All silently and individually pray *Lectio Divina* for about 10 minutes:

Read over the Gospel again (Lectio): What does the text say? What is the Holy Spirit through the Gospel writing trying to communicate? Slowly think about the words you are reading. Pausing between sentences might help you open yourself up to the words of the Gospel.

Meditate on the Gospel (Meditatio): What is God saying to you? How does it apply to you specifically? How does it apply to your family life, your circle of friends, at work, etc.? Draw close attention to specific phrases or words that touch you.

Prayer (Oratio): Respond to God based on the Gospel Reading. What do these passages bring you to say to God? You might be inspired to say prayers of praise, thanksgiving, petition, adoration, professions of faith and acts of forgiveness. Try to make a resolution from your meditation; for example, you'll pray 3 Hail Marys before you go to sleep tonight for the sanctification of priests, or you will pray the Angelus tomorrow at Noon for the Triumph of the Culture of Life.

Contemplation (Contemplatio): After trying to understand the passage and having a dialogue with God, "rest" in the peace and joy given by the Holy Spirit. During contemplation, your prayer will move beyond words, so let the Holy Spirit transform you. "Allow" God to transform you and be open to the movements of His grace.

5. Pray the Holy Rosary for your adopted Priest (together)

Apostle's Creed

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, dead 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

Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven. 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.



Hail Mary

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to Heaven, especially those who have most need of your mercy.



The Joyful Mysteries (Mondays & Saturdays)

- I. **The Annunciation** (Lk 1:26-38)
- II. **The Visitation** (Lk 1:39-53)
- III. **The Birth of our Lord** (Lk 2:6-19 and Mt 2:11)
- IV. **The Presentation of our Lord** (Lk 2:22-40)
- V. **The Finding of our Lord in the Temple** (Lk 2:41-52)

Sorrowful Mysteries (Tuesdays & Fridays)

- I. **The Agony in the Garden** (Mt 26:36-41 and Lk 22:41-44)
- II. **The Scourging at the Pillar** (Is 53:3-7 and Jn 18:36-38)
- III. **The Crowning with Thorns** (Mt 27:24-28 and Jn 19:5, 15)
- IV. **The Carrying of the Cross** (Lk 9:23, Luke 23:26-31 and Mt 11:29-31)
- V. **The Crucifixion and Death of our Lord** (Lk 23:33-39, 44-46 and Jn 19:25-27)



Glorious Mysteries (Wednesdays & Sundays)

- I. **The Resurrection** (Jn 16:20-22 and Mt 28:2-8)
- II. **The Ascension** (Mt 28:18-20, Acts 1:9 and Mk 16:19)
- III. **The Descent of the Holy Spirit** (Acts 2:1-5, 11, 14, 38, 41)
- IV. **The Assumption of our Blessed Mother into Heaven** (Songs 2:10-14, Rev 12:1, and Judith 13:23, 25)
- V. **The Coronation of Mary as Queen of Heaven and Earth** (Songs 6:10, Eccles 24:4,9,17,19-20, and Prv 8:32-35)

Luminous Mysteries (Thursdays)

- I. **The Baptism of the Lord** (Mt 3:11-17 and Lk 3:16-17)
- II. **The Wedding at Cana** (Jn 2:1-11)
- III. **The Proclamation of the Kingdom** (Lk 4: 16-18, 36 and Mt 26:31, 33-34)
- IV. **The Transfiguration** (Mk 9: 2-5 and Mt 17: 5-9)
- V. **The Institution of the Eucharist** (Jn 6:32-33, 35, 47-58)

Hail Holy Queen

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 vale of tears. Turn then, most gracious advocate, thine eyes of mercy towards us and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

V. *Pray for us, O holy Mother of God.*

R. 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 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.**

6. Together all make an act of Spiritual Communion toward the Blessed Sacrament for your adopted priest.

A Spiritual Communion Prayer

“O Jesus, I turn toward the holy tabernacle where you live hidden for love of me. I love you, O my God. I cannot receive you in Holy Communion. Come nevertheless and visit me with your grace. Come spiritually into my heart. Purify it. Sanctify it. Render it like unto your own.”—Sacred Congregation of Indulgences, Rescript of November 42, 1922

Or

“My Jesus, I believe that you are really present in the Most Holy Sacrament. I love you above all things, and I desire to possess you within my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. I embrace you as being already there and unite myself wholly to you. Never permit me to be separated from you.”

—St. Alphonsus Ligouri



7. Renew together and out loud the Spiritual Mother Pledge for your adopted priest

In imitation of the Blessed Virgin Mary, and her love for Christ the Eternal High Priest, I, _____, promise *by the grace of God*, to pray and sacrifice for _____, my adopted priest. In answering my call to holiness, I realize my life is dependent on the redemption won for us by Jesus shedding His blood on the Cross. I also recognize that the events of the Last Supper and the Sacrifice of Christ at Calvary are being made present again at every validly celebrated Mass. Therefore, as a Spiritual Mother, I pledge to stand by and support my adopted priest, and all priests, in their *irreplaceable duty* to offer the Sacrifice of the Mass and to celebrate the other sacraments, especially the sacrament of Reconciliation. I likewise agree to assist my adopted priest in his call to become a saint by constant prayer and acts of reparation. Although I am aware that being a Spiritual Mother and its duties do not bind under the pain of sin, I undertake this task willingly and seriously, doing it out of love for Almighty God and for the good of my neighbor. May God through the intercession of Mary, Mother of Priests, grant me the grace to bring to completion this good work that He has begun in me.



8. Pray the Chaplet of Divine Mercy in reparation for Priests' sins (together)

Optional Opening Prayer

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!

On the Our Father beads say the following: *Eternal Father, I offer You the Body and Blood, Soul and Divinity of Your dearly beloved Son, Our Lord Jesus Christ, in atonement for our sins and those of the whole world.*

On the Hail Mary beads say the following: *For the sake of His sorrowful Passion, have mercy on us and on the whole world.*

Repeat for all five decades.

Conclude with the following (three times): *Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

Optional Closing Prayer

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

9. Pray St. Faustina's Prayer for Holy Church and for more Priests (together)


O my Jesus, I beg You on behalf of the whole Church: Grant it love and the light of Your Spirit and give power to the words of priests so that hardened hearts might be brought to repentance and return to You, O Lord.

*Lord, give us holy priests; You Yourself maintain them in holiness. O Divine and Great High Priest, may the power of Your mercy accompany them everywhere and protect them from the devil's traps and snares which are continually being set for the souls of priests. May the power of Your mercy, O Lord, shatter and bring to naught all that might tarnish the sanctity of priests, for You can do all things. I ask You, Jesus, for a special blessing and for light for the priests before whom I will make my confessions throughout my lifetime. **Amen.***

10. Pray the Memorare entrusting Priests to the Blessed Virgin Mary (together)

*Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. **Amen.***

An appropriate Marian Hymn may be sung at this time



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