

A HOLY HOUR FOR LIFE

Silent Prayer & Reflection

A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN

Jesus said to the crowds: "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst. But I told you that although you have seen me, you do not believe. Everything that the Father gives me will come to me, and I will not reject anyone who comes to me, because I came down from heaven not to do my own will but the will of the one who sent me. And this is the will of the one who sent me, that I should not lose anything of what he gave me, but that I should raise it on the last day. For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him on the last day."

The Gospel of the Lord.

Silent Prayer & Reflection

LITANY OF THE SACRED HEART

Christ, hear us. Christ, hear us.	Heart of Jesus, in whom are all the treasures of wisdom and knowledge, have mercy on us
Christ, graciously hear us. Christ, graciously hear us.	Heart of Jesus, in whom dwells the fullness of divinity, have mercy on us
God, our Father in heaven, have mercy on us	Heart of Jesus, in whom the Father was well pleased, have mercy on us
God the Son, Redeemer of the world, have mercy on us	Heart of Jesus, of whose fullness we have all received, have mercy on us
God, the Holy Spirit, have mercy on us	Heart of Jesus, desire of the everlasting hills, have mercy on us
Holy Trinity, One God, have mercy on us	Heart of Jesus, patient and most merciful, have mercy on us
Heart of Jesus, Son of the Eternal Father, have mercy on us	Heart of Jesus, enriching all who invoke you, have mercy on us
Heart of Jesus, formed by the Holy Spirit in the womb of the Virgin Mary, have mercy on us	Heart of Jesus, fountain of life and holiness, have mercy on us
Heart of Jesus, united in substance to the Word of God, have mercy on us	Heart of Jesus, atonement for our sins, have mercy on us
Heart of Jesus, of infinite majesty, have mercy on us	Heart of Jesus, overwhelmed with insults, have mercy on us
Heart of Jesus, sacred temple of God, have mercy on us	Heart of Jesus, bruised for our offenses, have mercy on us
Heart of Jesus, tabernacle of the Most High One, have mercy on us	Heart of Jesus, obedient unto death, have mercy on us
Heart of Jesus, house of God and gate of heaven, have mercy on us	Heart of Jesus, pierced with a lance, have mercy on us
Heart of Jesus, burning furnace of charity, have mercy on us	Heart of Jesus, source of all consolation, have mercy on us
Heart of Jesus, abode of justice and love, have mercy on us	Heart of Jesus, our life and resurrection, have mercy on us
Heart of Jesus, full of goodness and love, have mercy on us	Heart of Jesus, our peace and reconciliation, have mercy on us
Heart of Jesus, wellspring of all virtues, have mercy on us	Heart of Jesus, victim of sins, have mercy on us
Heart of Jesus, most worthy of all praise, have mercy on us	Heart of Jesus, salvation of those who trust in you, have mercy on us
Heart of Jesus, king and center of all hearts, have mercy on us	Heart of Jesus, hope of those who die in you, have mercy on us
	Heart of Jesus, delight of all the saints, have mercy on us

Lamb of God, you take away the sins of the world, spare us, Lord.
Graciously hear us, Lord have mercy on us
Jesus, meek and humble of heart make our hearts like to yours.

Silent Prayer & Reflection

PRAYER

God our loving Father, grant wisdom to those who govern us, compassion and courage to those who work to defend human life, and safety and care to every human being.	For you alone who formed us in our mothers' wombs, and who call us home to heaven, are God, for ever and ever. Amen.
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Silent Prayer & Reflection

A READING FROM THE HOLY GOSPEL ACCORDING TO JOHN

Jesus said to the Jews: "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains

in me and I in him. Just as the living Father sent me and I have life because of the Father, so also the one who feeds on me will have life because of me. This is the bread that came down from heaven. Unlike your ancestors who ate and still died, whoever eats this bread will live forever."

Silent Prayer & Reflection

The Gospel of the Lord.

LITANY FOR LIFE

Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.
God of all creation. Lord, have mercy.
Christ, through whom all things were made. Lord, have mercy.
Spirit of life and truth, Lord, have mercy.
On each child just conceived Lord, have mercy.
For their safety and health Lord, have mercy.
For nine months of growth Lord, have mercy.
That an angel may protect them Lord, have mercy.
For peace and for hope Lord, have mercy.
On all new fathers, Lord, have mercy.
On fathers who are alone, Lord, have mercy.
On fathers unemployed, Lord, have mercy.
On fathers addicted, Lord, have mercy.
On fathers who are abusive, Lord, have mercy.
On young fathers who are afraid, Lord, have mercy.
On fathers who've run away, Lord, have mercy.
On all new mothers, Lord, have mercy.
On mothers who are alone, Lord, have mercy.
On mothers unemployed, Lord, have mercy.
On mothers addicted, Lord, have mercy.
On mothers who are abusive, Lord, have mercy.
On young mothers who are afraid, Lord, have mercy.
On mothers who are in pain, Lord, have mercy.
On those who defend life, Lord, have mercy.
On those who love the child in the womb, Lord, have mercy.
On those who pray for the unborn child, Lord, have mercy.
On all who work to change unjust laws, Lord, have mercy.
On all who live the Gospel of Life, Lord, have mercy.
On Congressmen who work for life, Lord, have mercy.
On our President, Lord, have mercy.

On the members of the House, Lord, have mercy.
On the members of the Senate, Lord, have mercy.
On all who do little to vote or persuade, Lord, have mercy.
On all who work for life, Lord, have mercy.
On doctors of life and of truth, Lord, have mercy.
On residents who love the little child, Lord, have mercy.
On doctors who gaze on life's mysteries, Lord, have mercy.
On physicians who see into the womb, Lord, have mercy.
On surgeons who heal the unborn child, Lord, have mercy.
On all who defend the child in the womb, Lord, have mercy.
On nurses who love little babies, Lord, have mercy.
On nursing students, Lord, have mercy.
On those who first hear the heartbeat, Lord, have mercy.
On those who first feel a kick, Lord, have mercy.
On nurses who cradle the newborn, Lord, have mercy.
On nurses who foster the unborn, Lord, have mercy.
On all who protect defenseless life, Lord, have mercy.
On judges who struggle with justice, Lord, have mercy.
On lawyers who seek to speak truth, Lord, have mercy.
On judges who love life, Lord, have mercy.
On the judges of our Supreme Court, and on those who argue before them, Lord, have mercy.
On the unborn child who rests in their hands, Lord, have mercy.
On all victims of abortion, Lord, have mercy.
On the woman whose memories cause her to cry, Lord, have mercy.
On those whose pain nags and holds on, Lord, have mercy.
On the unborn who rest with God, Lord, have mercy.
On all who seek mercy, Lord, have mercy.
On all who seek peace, Lord, have mercy.
On all who seek healing,
and mercy and perfect peace, Lord, have mercy.

God our loving Father, grant wisdom to those who govern us, compassion and courage to those who work to defend human life, and safety and care to every human being. For you alone who formed us in our mother's wombs, and who call us home to heaven, are God, for ever and ever. Amen.

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