



Speak up for those who cannot
speak for themselves.
(*proverbs 31:8*)



A Holy Hour for Life
Prayers Before the
Blessed Sacrament
for the Gospel of Life

Extended Silent Prayer

A reading from the holy Gospel according to John 6:35-40

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.



Prayer for Life

Father and maker of all,
you adorn all creation
with splendor and beauty,
and fashion human lives
in your image and likeness.

Awaken in every heart
reverence for the work of your hands,
and renew among your people
a readiness to nurture and sustain
your precious gift of life.

Grant this through our Lord Jesus Christ,
your Son, who lives and reigns
with you in the unity of the
Holy Spirit, one God, forever and ever.
Amen.

*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,
Lord, have mercy.
On those who argues 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.*

Extended Silent Prayer

A Litany of the Sacred Heart

*Heart of Jesus, our life and resurrection,
have mercy on us
Heart of Jesus, our peace and
reconciliation, have mercy on us
Heart of Jesus, victim of sins,
have mercy on us
Heart of Jesus, salvation of those who
trust in you, 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, O Lord
Lamb of God, you take away the sins of
the world, Graciously hear us, O Lord
Lamb of God, you take away the sins of
the world, Have mercy on us
Jesus, meek and humble of heart
Make our hearts like unto yours.
Let us pray,*

Litany to the Merciful Heart of Jesus (cont'd)

*On physicians who see into the womb,
Lord, have mercy.*

*On surgeons who heal the unborn child,
Lord, have mercy.*

*On residents who love the little child,
Lord, have mercy.*

*On medical students who gaze on life's
mysteries, 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.*

*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 womb,
and who call us home to heaven,
are God,
for ever and ever.
Amen.*

Litany to the Merciful Heart of Jesus (*cont'd*)

*Heart of Jesus, patient and most
merciful,*

have mercy on us

*Heart of Jesus, enriching all who invoke
you,*

have mercy on us

*Heart of Jesus, fountain of life and
holiness,*

have mercy on us

*Heart of Jesus, atonement for our sins,
have mercy on us*

*Heart of Jesus, overwhelmed with
insults,*

have mercy on us

*Heart of Jesus, bruised for our offenses,
have mercy on us*

*Heart of Jesus, obedient unto death,
have mercy on us*

*Heart of Jesus, pierced with a lance,
have mercy on us*

*Heart of Jesus, source of all consolation,
have mercy on us*

Extended Silent Prayer

A reading from the holy Gospel according to John 6:53-58

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."*

The Gospel of the Lord.

Extended Silent Prayer

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.

Have mercy on us.

*Christ, through whom all things were
made.*

Have mercy on us.

Spirit of life and truth,

Have mercy on us.

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.

Litany to the Merciful Heart of Jesus (*cont'd*)

*Heart of Jesus, full of goodness and love,
have mercy on us*

*Heart of Jesus, wellspring of all virtues,
have mercy on us*

*Heart of Jesus, most worthy of all praise,
have mercy on us*

*Heart of Jesus, king and center of all
hearts,*

have mercy on us

*Heart of Jesus, in whom are all the
treasures of wisdom and knowledge,*

have mercy on us

*Heart of Jesus, in whom dwells
the fullness of divinity,*

have mercy on us

*Heart of Jesus, in whom the Father
was well pleased,*

have mercy on us

*Heart of Jesus, of whose fullness
we have all received,*

have mercy on us

*Heart of Jesus, desire of the everlasting
hills,*

have mercy on us

Litany to the Merciful Heart of Jesus (cont'd)

*Heart of Jesus, Son of the Eternal
Father,*

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, united in substance
to the Word of God,*

have mercy on us

*Heart of Jesus, of infinite majesty,
have mercy on us*

*Heart of Jesus, sacred temple of God,
have mercy on us*

*Heart of Jesus, tabernacle of the Most
High,*

have mercy on us

*Heart of Jesus, house of God and gate
of heaven,*

have mercy on us

*Heart of Jesus, burning furnace of
charity,*

have mercy on us

*Heart of Jesus, abode of justice and love,
have mercy on us*

Litany for Life (continued)

*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 mothers who are afraid,
Lord, have mercy.*

Litany for Life (continued)

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 too young 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.

A Litany to the Merciful Heart of Jesus

Lord, have mercy. Lord, have mercy.

Christ, have mercy. Christ, have mercy.

Lord, have mercy. Lord, have mercy.

Christ, hear us.

Christ, hear us.

Christ, graciously hear us.

Christ, graciously hear us.

God, our Father in heaven,

have mercy on us

God the Son,

Redeemer of the world,

have mercy on us

God, the Holy Spirit,

have mercy on us

Holy Trinity, One God,

have mercy on us