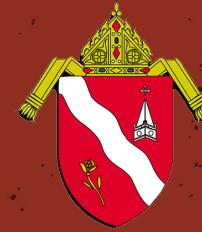




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*Taken from Vianney Vocations*



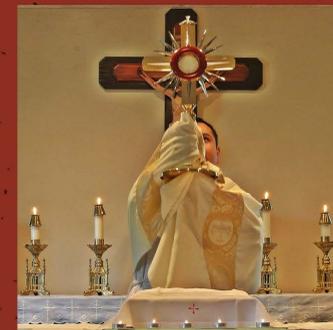
DIOCESE OF LAREDO



# HOLY HOUR TO KNOW MY VOCATION



*Office of Vocations*



## EXPOSITION OF THE BLESSED SACRAMENT

If a priest is not available to enthrone the Blessed Sacrament, this Holy Hour can still be used, either by a group or by individual. In the Church, kneeling before the tabernacle, begin with the Gospel Reading, Litany on page 8, end with, the Closing Prayer on page 9, and Benediction on page 10.

*Stand as the minister (priest or deacon) approach the tabernacle, kneel as Our Lord is taken out to be placed in the monstrance.*

### INCENSATION

*When the minister begins incensing the Blessed Sacrament, all sing O Salutaris Hostia ( St. Thomas Aquinas).*

O Salutaris Hostia  
Quae coeli pandis ostium  
Bella premunt hostilia  
Da robur fer auxilium

Uni trinoque Domino  
Sit sempiterna gloria  
Qui vitam sine termino  
Nobis donet in patria. Amen.

### GOSPEL

*Stand*

V: A Reading from the Holy Gospel According to Mark  
R: Glory to you, O Lord

*Mark 10, 17-31*

As he was setting out on a journey, a man ran up, knelt down before him, and asked him, “Good teacher, what must I do to inherit eternal life?” Jesus answered him, “Why do you call me good? No one is good but God alone. You know the commandments: “You shall not kill; you shall not commit adultery; you shall not steal; you shall not bear false witnesses; you shall not defraud; honor your father and your mother.” He replied and said to him, “Teacher, all of these I have observed from my youth.” Jesus, looking at him, loved him and said to him, “You are lacking in one thing. Go, sell what you have, and give to the poor and you will have treasure in heaven; then come, follow me.”

## BENEDICTION

### BENEDICTION

*As the minister makes the sign of the Cross over the congregation with the Blessed Sacrament, each also makes the sign of the Cross over himself.*

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 Saint Joseph, her most chaste spouse.  
Blessed be God in His angels and in His Saints.

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 until the end of time. Amen.

### CLOSING 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;  
Infinite thy vast domain;  
Everlasting thy reign.

Hark the glad celestial hymn  
angel choirs above are raising;  
cherubim and seraphim,  
In unceasing chorus praising,

Fill the heavens with sweet accord:  
Holy, holy, holy, Lord;  
Fill the heavens with sweet accord:  
Holy, holy, holy, Lord.

Holy Father, Holy Son,  
Holy Spirit: three we name thee,  
though in essence only one;  
undivided God we claim thee,  
and adoring bend the knee;  
while we own the mystery;  
and adoring bend the knee  
while we own the mystery.

## CLOSING PRAYER

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*All pray together.*

Father,  
I abandon myself into Your hands;  
do with me what You will.  
Whatever You may do, I thank You:  
I am ready for all, I accept all.  
Let only Your will be done in me,  
and in all Your creatures.  
I wish no more than this, O Lord.  
Into your hands I commend my  
soul; I offer it to You  
with all the love of my heart,  
for I love You, Lord,  
and so need to give myself,  
to surrender myself into Your hands,  
without reserve,  
and with boundless confidence,  
for You are my Father. Amen.

### INCENSATION

*When the minister begins to incense  
the Blessed Sacrament, all sing the  
Tantum Ergo (St. Thomas Aquinas).*

Tantum ergo Sacramentum  
Veneremur cernui  
Et antiquum documentum  
Novo cedat ritui  
Praestet fides supplementum  
Sensuum defectui

Genitori, Genitoque  
Laus et jubilatio  
Salus, honor, virtus quoque  
Sit et benedictio  
Procedenti ab utroque  
Compar sit laudation. Amen

Priest: *You have given them Bread  
from Heaven*

People: **Having all Sweetness with-  
in It.**

Priest: *Let us pray.*

*Lord Jesus Christ, you gave  
us the Eucharist as the me-  
morial of your suffering and  
death. May our worship of t  
his Sacrament of your Body  
and Blood help us to experi-  
ence the salvation you won f  
or us and the peace of the  
kingdom where you live with  
the Father and Holy Spirit,  
One God, for ever and ever.*

People: **Amen**

At that statement his face fell, and  
he went away sad, for he had many  
possessions.

Jesus looked around and  
said to his disciples, "How hard it is  
for those who have wealth to enter  
the kingdom of God!" The disciples  
were amazed at his words. So Je-  
sus again said to them in reply,  
"Children, how hard it is to  
enter the kingdom of God! It is easi-  
er for a camel to pass through the  
eye of a needle than for one who is  
rich to enter the kingdom of God."  
They were exceedingly astonished  
and said among themselves "Then  
who can be saved?" Jesus looked  
at them and said, "For human be-  
ings it is impossible, but not for  
God. All things are possible for  
God.

"Peter began to say to him,  
"We have given up everything and  
followed you." Jesus said, "Amen, I  
say to you,

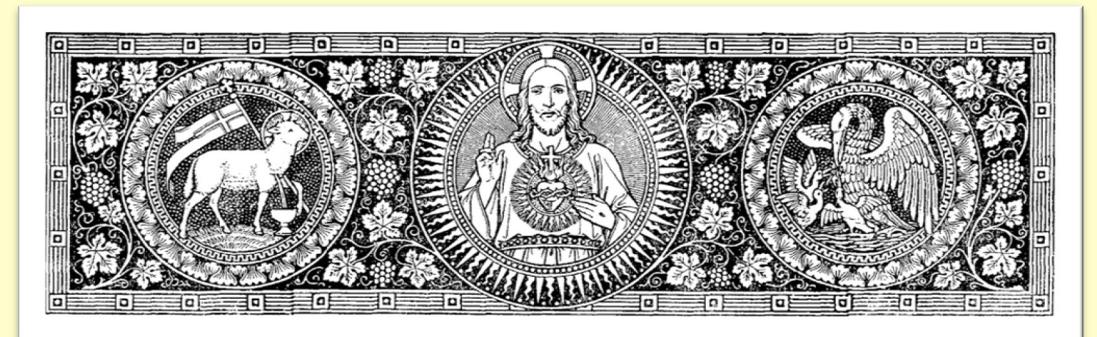
there is no one who has given up  
house or brothers or sisters or  
mother or father or children or  
lands for my sake and for the  
sake of the gospel who will not  
receive a hundred times more  
now in this present age; houses  
and Brothers and sisters and  
mothers and children and lands,  
with persecutions, and eternal  
life in the age to come. But many  
that are first will be last, and the  
last will be first."

V: *The Gospel of the Lord*  
R: **Praise to you, Lord Jesus  
Christ**

### HOMILY

*Be seated. The minister may give a  
homily.*

*After the homily, there follow three  
meditations, each containing a  
common prayer said together, a  
Reading by the leader, and a period  
of silent meditation.*



## FIRST MEDITATION

### FORGIVENESS AND GRATITUDE

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Leader: *Praised be Jesus Christ*

People: **Now and forever**

*Kneel. All pray together:*

Father of mercy,  
like the prodigal son

I return to You and say:  
“I have sinned against you  
and am no longer worthy  
to be called your son.”

But I am confident in Your  
love and mercy, and I ask for-  
giveness for all my sins.

Please give me the grace to  
follow you wholeheartedly  
and to avoid the near occa-  
sion of sin.

Like the repentant thief to  
whom You promised Para-  
dise, I pray, “Lord, remember  
me when you come into Your  
kingdom.”

Amen

Be seated. Meditation is read aloud  
by the leader.

Think for a moment about all the  
sins you have ever committed in  
your life—all of those things which  
you feel most sorrowful for having  
done, thought, or said. Now imagine  
all of these sins—every one of them—  
is put into a cup of water.

Now turn your heart to the sacred  
Heart of Jesus, who is smiling at  
you, who loves you no matter what  
you have done, who is always ready  
to forgive you.

When you ask forgiveness from Je-  
sus, the cup of water that contains  
all of your sins is poured onto this  
enormous, all-consuming fire. It is  
vaporized instantly, as if it never ex-  
isted. That is the truth about God’s  
love and mercy for you.

Now spend some time thanking Je-  
sus from your heart for His mercy.  
Let your gratitude be so great that  
you thank Him for everything in your  
life, especially for the unique per-  
son He has made you.

## LITANY

### LITANY OF THE SAINTS

Leader: Praised be Jesus Christ

People: **Now and Forever**

*Kneel. Prayer and litany led by the leader.*

Confident in the intercession of the saints, the thousand of holy men and women who now see Jesus face to face, we pray for a special grace: to discover the vocation that God has placed deep in the heart of those who are present.

*St. Peter, rock of the Church*

**Pray for us**

*St. Paul, missionary to the Gentiles*

**Pray for us**

*St. John, apostle of love*

**Pray for us**

*St. Maria Goretti, defender of purity*

**Pray for us**

*St. Juan Diego, humble of heart*

**Pray for us**

*St. Teresa of Calcutta, servant of the poor*

**Pray for us**

*St. Junipero Serra, missionary to the Americas*

**Pray for us**

*St. John Paul II, witness to the world*

**Pray for us**

*Blessed Virgin Mary, Mother of God*

**Pray for us**

*Mary, Mother of the Church*

**Pray for us**

*Jesus Christ, Son of God*

**Have Mercy on Us**

*Lord Jesus, Sheperd of Souls*

**Have Mercy on Us**

*O Good Jesus, Light of the World*

**Have Mercy on Us**

Every vocation is about bringing souls to heaven. Married people are called to help their spouses and children reach heaven. Priests bring Christ Himself to others through the Eucharist, and bring souls into a state of grace through Confessions. Religious sisters and brothers teach others about Jesus, serve the poor, and pray for every person on earth. There is joy and hardship in all these vocations.

Think for a moment about how old you will be in 20 years. Imagine what your life would be like if you found a holy man or woman to marry, that you welcomed children into the world, and that you strived to be a good Catholic spouse and parent. Imagine your career, your family vacations, your joy at holding your first grandchild. Imagine being happy in your marriage. And now imagine your death, as you prepare to meet God face to face.

Now envision if Jesus called you to another vocation—as a consecrated sister, brother, or priest.

*If you are a woman*, imagine your joy at finding a religious order where you felt at home, where the sisters became your closest friend for life. Imagine how your love for God grows over the years, and the intimacy you feel as a Bride of Christ. Think of the work you will do, perhaps teaching, bringing hope to the poor, helping others find Jesus through their joys and sorrows. Imagine yourself happy in life. And then imagine your death, surrounded by your sisters, confident in eternal life.

If you are a man, imagine overcoming fears completely, and entering seminary to become a priest. Imagine

How you grow in virtue over the years, and that after ordination, you are completely focused on bringing people to Jesus—through your counseling, and through your preaching. Think of the thousands of babies you will baptize, the thousands of people whom you will teach to love God. Imagine yourself happy in this life. And now imagine yourself as a very old priest, loved by the people, who approaches death with peace, thankful for having lived a good life, and ready to spend eternity with Jesus in Heaven.

## SILENT MEDITATION

*You may use the text of the meditation and the following questions to guide your prayer.*

1. Am I considering what God wants with my life, or only what I want?
2. Am I truly open to the possibility of any vocation to which God may be calling me? Have I prayed for the desire to do the will of God?
3. Do I feel an inclination to a priestly or religious vocation? Have I given that inclination sufficient prayer and consideration? Have I pushed the possibility away in fear?
4. Can I see myself finding joy in the vocation to which God calls me, whatever it is, knowing that it will bring me happiness?

After you have thanked Jesus, have a conversation with Him. Ask, “Jesus, what do you want me to do with all the gifts and talents you have given to me?”

### Silent Meditation

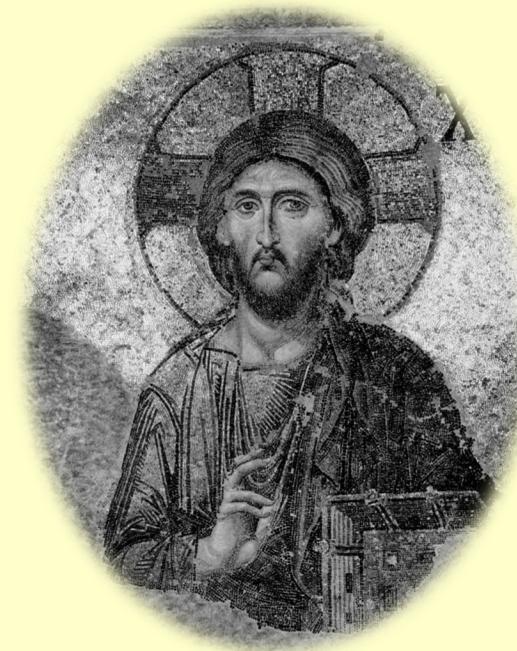
Take this time to pray silently. Acknowledging that Jesus Christ is truly present in the Blessed Sacrament, and that you are in His Presence, speak to Him as a close Friend.

You may use the text of the meditation and the following questions to guide your prayer.

1. Do I believe that God forgives all of my sins in the Sacrament of Penance?

2. Do I let feelings of guilt control my life? Do guilty feelings prevent me from forgiving myself and moving forward to doing good?

3. Do I understand that nobody is perfect? That God calls sinners to do His work, even as priest and religious? Do I believe that nothing is too great for God to forgive, and that He is calling me into His service despite my weaknesses?



## SECOND MEDITATION

### THE SPIRITUAL BATTLE

*Adapted from the Spiritual Exercises of St. Ignatius Loyola*

Leader: Praised be Jesus Christ  
People: Now and forever

***Kneel. All pray together:***

Receive, O Lord, all my liberty. Take my memory, my understanding, my entire will. Whatsoever I have or hold, You have given me; I give it all back to You and surrender it wholly to be governed by Your will. Give me only Your love and your grace, with these I will be rich enough, and I ask for nothing more.

***Be seated. Meditation is read aloud by the leader.***

We are engaged in a great spiritual war. Christ our Lord calls all people to be in His army and live joyfully with Him forever. The Enemy wants all people to be under his control, to be overcome by sin and hatred, and ultimately come to eternal destruction.

Imagine an enormous battlefield, covered with smoke and fire, with the evil leader seated on a terrible throne in the middle. He sends evil spirits throughout the whole world to every human being on earth. Then imagine how the evil leader tells his demons to maliciously tempt people in three ways: with the allure of wealth, the misuse of sexuality, and the desire for honor and fame.

Now envision our true leader, Christ Jesus Our Lord. He stands tall and strong on a great plain near Jerusalem. See how He chooses many people— priest, sisters, brothers, married people, and all sorts of dedicated disciples— and sends them throughout the world to tell every soul about His love. Jesus speaks to His servants and friends, encouraging them in three ways: First to embrace spiritual poverty, free of any unhealthy attachment or addiction. Second, to accept scorn or mockery just as Christ himself did. And third, to learn true humility, as a Gateway to all other virtues. Ask Mary, Our Mother, to help you meditate on these scenes. Ask her to intercede for you so you can make a decision to firmly reject sin and the evil one, and instead join Christ and His disciples forever.

### SILENT MEDITATION

***You may use the text of the meditation and the following questions to guide your prayer.***

1. Where are the battlegrounds in my life? How have I fought these battles? How have I run away from them?
2. Have I made a firm and conscious choice to completely reject the Enemy and to follow Jesus, no matter the cost?
3. Have I asked our Blessed Mother to strengthen me in this battle?

## THIRD MEDITATION

### ENVISIONING MY VOCATION

*Inspired by the “What I can I Live Without” meditation in To Save a Thousand Souls by Fr. Brett Branner*

Leader: Praised be Jesus Christ  
People: Now and forever

***Kneel. All pray together:***

O God, You are my loving Father; You made me to know You, To Love You, and to serve You, and thereby to fulfill my deepest longings. I know that You are present in all things, And that every good path can lead me to you. Please show me my vocation, The path you have chosen for me.

Send Your Holy Spirit into my mind and heart.  
So that I can clearly see Your gifts in my life  
And how I can best serve the Church.  
Mary, Mother of God and my Mother,  
Pray for me, that I can discover my vocation  
And have the courage to respond in faith.  
Amen.

***Be seated. Meditation can be found on next page, and is read aloud by the leader.***

