

HOLY HOUR *of* HEALING

*Adoration & Benediction
of the Blessed Sacrament and
Celebration of the Sacrament
of Anointing of the Sick*

EXPOSITION & ADORATION OF THE BLESSED SACRAMENT

MEDITATION SONG: VENI SANCTE SPIRITUS

Repeat quietly to the chant: “Veni Sancte Spiritus”

PRAYER FOR THE SICK

Dear Jesus, Healer of the Sick, we turn to You during this holy hour of healing praying for those who are sick. Alleviate our worries and sorrow with Your merciful love. Hear us as we pray for those who suffer pain, depression, addiction, or who have been diagnosed with cancer, tumor, heart complications, or other terminal illnesses. We implore the aid of Your tender mercy for the healing of their body and spirit. Grant them serenity and peace of mind. As they share in Your Passion and death on the Cross, help them to find hope in suffering. Support them with Your power. Comfort them with Your protection. Increase in us and in those who are sick the grace and the strength to embrace God’s holy Will for you are Lord for ever and ever. Amen.

(Adapted from the prayer in the anointing of the sick ritual.)

Our Lady of Lourdes R. Pray for us.

St. Bernadette R. Pray for us.

SCRIPTURAL READING (LK. 4:38-41)

The Cure of Simon’s Mother-in-Law & Other Healings

(or Other Selected Reading)

The Lord be with you. **And with your spirit.**

A Reading from the holy Gospel according to Luke

After he left the synagogue, he entered the house of Simon. Simon’s mother-in-law was afflicted with a severe fever, and they interceded with him about her. He stood over her, rebuked the fever, and it left her. She got up immediately and waited on them. At sunset, all who had people

sick with various diseases brought them to him. He laid his hands on each of them and cured them. And demons also came out from many, shouting, “You are the Son of God.” But he rebuked them and did not allow them to speak because they knew that he was the Messiah. The Gospel of the Lord. **Praise to You, Lord Jesus Christ.**

Silent Reflection... (3-5 Minutes)

HEALING OF CANCER

OPENING PRAYER

(CELEBRANT)

Merciful God, we humbly pray for all those who are fighting cancer. Give them the hope and courage they need each day. Comfort them in their pain and bless them with healing. Strengthen their family, friends, and caregivers. We ask this through Christ our Lord. Amen.

PRAYER TO SAINT AGATHA FOR HEALING OF BREAST CANCER

Oh St. Agatha, who withstood the unwelcome advances from unwanted suitors, and suffered pain and torture for her devotion to Our Lord, we celebrate your faith, dignity, and martyrdom. Protect us against rape and other violations, guard us against breast cancer and other afflictions of women and inspire us to overcome adversity.

Oh St. Agatha, virgin and martyr, mercifully grant that we who venerate your sacrifice, may receive your intercession. Amen.

Silently write the names of those for whom you are praying...

PRAYER TO SAINT PEREGRINE PATRON SAINT OF CANCER PATIENTS

O great St. Peregrine, you have been called “The Mighty,” “The Wonder-Worker,” because of the numerous miracles which you have obtained from God for those who have had recourse to you. For so many years you bore in your own flesh this cancerous disease that destroys the very fiber of your being, and who had recourse to the source of all grace when the power of man could do no more. You were favored with the vision of Jesus coming down from His Cross to heal your affliction. Ask of God and Our Lady, the cure of the sick whom we entrust to you. Aided in this way by your powerful intercession, we shall sing to God, now and for all eternity, a song of gratitude for His great goodness and mercy. Amen.

St. Agatha
St. Peregrine

R. Pray for us.
R. Pray for us.

HEALING OF MENTAL ILLNESS

OPENING PRAYER (CELEBRANT)

Loving God, we pray for all whose brains have been hurt by mental illness, injury, stress, trauma, war, and other factors of human life. Bless and protect them always. We pray especially for those suffering with depression, anxiety, and panic attacks, eating disorders, bipolar disorder, dementia, or PDST. We ask this through Christ our Lord. Amen.

MENTAL ILLNESS CANDLELIGHT RITUAL

INVITE 7 PEOPLE TO COME AND LIGHT THE CANDLES.

1. We light this candle of Truth:

That God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety and obsessive-compulsive disorder. *(Silent prayer)*

2. We light this candle of Healing:

that troubled minds and hearts, broken lives and relationships might be healed. *(Silent prayer)*

3. We light this candle of Understanding:

That the darkness of stigma, labels, exclusion and marginalization might be dispelled for the sake of those touched by mental illness. *(Silent prayer)*

4. We light this candle of Hope:

For persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve. *(Silent prayer)*

5. We light this candle of Thankfulness:

For compassionate, dedicated caregivers and mental health professionals; for new discoveries in brain research and better medications. *(Silent prayer)*

6. We light the candle of Faith:

To dispel doubt and despair for those who have lost hope and are discouraged. *(Silent prayer)*

7. We light this candle of Steadfast Love:

To remind us of God's love and faithfulness, and to remind us to shine His light of love and service for those living with mental illness. *(Silent prayer)*

Silently write the names of those for whom you are praying...

PRAYER FOR ST. DYMPHNA
PATRON SAINT OF DEPRESSION AND MENTAL ILLNESS

Good Saint Dymphna, great wonderworker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need.

Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to them for me and obtain my request.

A PRAYER FOR PEOPLE LIVING WITH MENTAL ILLNESS

Heavenly Father, we offer the following intentions and seek for Your divine interventions:

For people with mental illness:

May they find hope and protection in God and discover a treatment plan that will allow them to live with dignity.

For parents of children with mental illness:

May they have the patience and the wisdom to care for their children with love and understanding of the illness.

For children of parents with mental illness:

May their upbringing be stable and safe; and their loved ones reach out to guide and nourish them with love.

For friends of people with mental illness:

May they resist the temptation to try to “fix” their friends and recognize the simple power of their loving presence.

For spiritual and social leaders in the community and churches: May they provide the necessary spiritual and emotional support to people with this illness and to all those involved in their lives.

For people who need treatment and do not receive it:

May God protect them from all harm either at home or homeless wandering on street corners.

Lord, grant us the Light of Christ in time of darkness and wisdom of the Spirit in the midst of confusion. We pray for acceptance and grace to surrender when situations become too unbearable and burdensome. We pray that public and religious institutions will provide some assistance to people with this illness and accompany family members during these challenging times. We ask this through Christ our Lord. Amen.

HEALING TO OVERCOME ADDICTION

OPENING PRAYER (CELEBRANT)

God of mercy, we pray for those who have lost their health and dignity, their career, and relationships because of their addiction to alcohol, drugs, sex, gambling, or internet gaming.

Through Your grace, give them courage to overcome their addiction and hope during their recovery.

To those who care for them, grant them hope and perseverance. We ask this through Christ our Lord. Amen.

MEDITATION SONG:

Healer of My Soul" by John Michael Talbot

Silently write the names of those for whom you are praying...

PRAYER FOR ADDICTION & FOR SUBSTANCE ABUSE

God of mercy, we bless you in the name of your Son, Jesus Christ, who ministered to all who came to him. Give your strength to your servants, bound by the chains of addiction.

Enfold them in your love and restore them to the freedom of God's children. Lord, look with compassion on all those who have lost their health and freedom.

Restore to them the assurance of your unfailing mercy, and strengthen them in the work of recovery, and help them to resist all temptation. To those who care for them, grant patient understanding and a love that perseveres. We ask this through Christ our Lord. Amen.

SCRIPTURAL READING

Sickness and Recovery of Hezekiah - Is. 38:1-6

(or Other Selected Reading)

A Reading from the Book of the Prophet Isaiah

In those days, when Hezekiah was mortally ill, the prophet Isaiah, son of Amoz, came and said to him:

“Thus, says the LORD: Put your house in order, for you are about to die; you shall not recover.” Hezekiah turned his face to the wall and prayed to the LORD: “Ah, LORD, remember how faithfully and wholeheartedly I conducted myself in your presence, doing what was good in your sight!”

And Hezekiah wept bitterly. Then the word of the LORD came to Isaiah: Go, tell Hezekiah:

“Thus says the LORD, the God of your father David:

I have heard your prayer; I have seen your tears. Now I will add fifteen years to your life. I will rescue you and this city from the hand of the king of Assyria; I will be a shield to this city.”

The Word of the Lord.

Thanks be to God.

Silent Reflection... (3-5 Minutes)

PRAYER FOR ST. MAXIMILLIAN KOLBE PATRON SAINT FOR ADDICTIONS

Saint Maximilian Kolbe, your life of love and labor for souls was sacrificed amid the horrors of a concentration camp and hastened to its end by an injection of a deadly drug. Look with compassion upon those who are now entrapped in addiction to drugs or alcohol and whom we now recommend to your powerful intercession. Having offered your own life to preserve that of a family man, we turn to you with trust and confident that you will understand and help.

Obtain for me the grace never to withhold my love and understanding, or to fail in persevering prayer that the enslaving bonds of addiction may be broken, and that full health may be restored to those whom I love. I will never cease to be grateful to God who has helped me and heard your prayer for me. Amen.

SERENITY PRAYER

(Reinhold Niebhr (1892-1971))

God grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.

Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it;

Trusting that God will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen.

SACRAMENT OF ANOINTING OF THE SICK

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help and sought your intercession, was left unaided. Inspired with this confidence, I hasten to you.

O Virgin of virgins, my Mother.

To you, I come; before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, do not despise my petition, but in your mercy hear and answer me. Amen.

RENEW MY MIND, BODY AND SOUL

Lord, I come before you at the end of this holy hour
in need of Your love. In You all things are possible.

Hold my wounded heart and renew my mind, body, and soul. I am lost, but I come to you
with grace and peace.

You gave life to all people, and you also give us the gift of infinite joy.

Give me the strength to move forward on the path
you have laid out for me. Guide me and those whom I pray towards better health and trust.

Give me the wisdom to identify those you have placed around me to help me and others
to get better.

We ask this through Christ our Lord. Amen.

BENEDICTION OF THE BLESSED SACRAMENT

REPOSITION OF THE BLESSED SACRAMENT

*Please leave the booklet behind for future use.
If necessary, you may take one home for private prayer.*