

Holy Redeemer Prayer Cenacle

The Immaculate Heartbeats

Prayer Format – December 2024

Leader:

The model of the cenacle is based on Mary and the Apostles in the Upper Room in Jerusalem. This is where the Last Supper was held by Christ the night before his Crucifixion, and where the Holy Spirit descended upon them at Pentecost, thus giving birth to the Church.

The Sign of the Cross

Leader: In the name of the Father, the Son, and the Holy Spirit, Amen.

Please join me in our opening prayer to the Holy Spirit.

Prayer to the Holy Spirit

All: Come Holy Spirit, come by means of the powerful intercession of the Blessed Virgin Mary, thy well-beloved Spouse and enkindle within us the fire of your love. Send forth your spirit, and we shall be created, and you shall renew the face of the earth.

Leader: Let us pray.

All: O God by the Light of the Holy Spirit, you instruct the hearts of your faithful, in that same spirit help us to be truly wise, and ever rejoice in his consolation. Amen.

Leader: This evening, we pray for the intentions of our pope for the month of December:

For Pilgrims Of Hope

Let us pray that the coming Church Jubilee Year 2025 strengthens us in our faith; helping us to recognize the Risen Christ in the midst of our lives, transforming us into pilgrims of Christian hope.

As well we pray in thanksgiving for all the priests of our Diocese. Grant them the wisdom, understanding, and strength they need to follow in the footsteps of Jesus. Inspire them with the vision of your Kingdom.

We also pray for: *(state all names/situations on the intentions list)*

The Holy Rosary

The Sign of the Cross

Leader: In the name of the Father, the Son, and the Holy Spirit, Amen.

Apostles' Creed

Leader: 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, died, 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. He will come again in glory to judge the living and the dead.

All: 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

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

All: 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 (three times)

Leader: Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

Glory Be

Leader: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

Leader: (use sorrowful mysteries for Lent, glorious mysteries for Easter)

First Joyful Mystery - The Annunciation

And when the angel had come to her, he said, "Hail, full of grace, the Lord is with thee. Blessed art thou among women."

Fruit of the Mystery: Humility

Our Father – pray in your own language.

Leader of the First Decade: Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

All: 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 – pray in your own language. (ten times)

Leader of the First Decade: Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

Glory Be– pray in your own language.

Leader of the First Decade: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

All: O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Leader:

Second Joyful Mystery - The Visitation

Elizabeth was filled with the Holy Spirit and cried out in a loud voice: "Blest are you among women and blest is the fruit of your womb."

Fruit of the Mystery: Love of Neighbor

Our Father – pray in your own language.

Leader of the Second Decade: Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

All: 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 – pray in your own language. (ten times)

Leader of the Second Decade: Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

Glory Be– pray in your own language.

Leader of the Second Decade: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

All: O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Leader:

Third Joyful Mystery - The Birth of Jesus

She gave birth to her first-born Son and wrapped Him in swaddling clothes and laid Him in a manger, because there was no room for them in the place where travelers lodged.

Fruit of the Mystery: Poverty

Our Father – pray in your own language.

Leader of the Third Decade: Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

All: 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 – pray in your own language. (ten times)

Leader of the Third Decade: Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

Glory Be– pray in your own language.

Leader of the Third Decade: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

All: O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Leader:

Fourth Joyful Mystery - The Presentation

When the day came to purify them according to the law of Moses, the couple brought Him up to Jerusalem so that He could be presented to the Lord, for it is written in the law of the Lord, "Every first-born male shall be consecrated to the Lord."

Fruit of the Mystery: Obedience

Our Father – pray in your own language.

Leader of the Fourth Decade: Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

All: 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 – pray in your own language. (ten times)

Leader of the Fourth Decade: Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

Glory Be– pray in your own language.

Leader of the Fourth Decade: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

All: O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Leader:

Fifth Joyful Mystery - Finding the Child Jesus in the Temple

On the third day they came upon Him in the temple sitting in the midst of the teachers, listening to them and asking them questions.

Fruit of the Mystery: Joy in Finding Jesus

Our Father – pray in your own language.

Leader of the Fifth Decade: Our Father, who art in heaven hallowed be thy name; thy kingdom come; thy will be done on earth as it is in heaven.

All: 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 – pray in your own language. (ten times)

Leader of the Fifth Decade: Hail Mary, full of grace. The Lord is with thee. Blessed art thou among women, And blessed is the fruit of thy womb, Jesus.

All: Holy Mary, Mother of God, Pray for us sinners, Now and at the hour of our death. Amen

Glory Be– pray in your own language.

Leader of the Fifth Decade: Glory be to the Father, and to the Son, and to the Holy Spirit.

All: As it was in the beginning, is now, and ever shall be, world without end. Amen.

O My Jesus

All: O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy. Amen.

Hail, Holy Queen

All: 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!

Leader: Pray for us, O holy Mother of God,

All: that we may be made worthy of the promises of Christ.

Leader: Sacred Heart of Jesus

All: Have mercy on us.

Leader: Immaculate Heart of Mary

All: Pray for us.

Leader: St. Joseph

All: Pray for us.

Leader: Prayer to St. Michael

All:

St. Michael the Archangel, defend us in battle.
Be our defense against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray, and do thou,
O Prince of the heavenly hosts, by the power of God,
thrust into hell Satan, and all the evil spirits,
who prowl about the world seeking the ruin of souls. Amen.

The Sign of the Cross

Leader: In the name of the Father, the Son, and the Holy Spirit, Amen.

Silent or Spontaneous Prayer

Leader: We will now take some time to listen to the voice of the Holy Spirit within us and to allow for spontaneous prayer.

Devotion

Leader: The month of December is dedicated to the Immaculate Conception. Please join us in the litany.

Leader:

All:

Lord, have mercy on us.

Lord, have mercy on us.

Jesus Christ, hear us.

Jesus Christ, hear us.

Jesus Christ, hear us.

Jesus Christ, graciously hear us.

God the Father, who prepared a worthy dwelling place for Thy Son through the Immaculate Conception,

have mercy on us.

God the Son, who redeemed Thy Mother by the anticipated application of Thy merits,

have mercy on us.

God the Holy Spirit, who vivified Mary from Her immaculate Conception,

have mercy on us.

Holy Trinity, who predestined Mary in Her immaculate Conception before all time,

have mercy on us.

O Mary, conceived without sin, beloved Daughter of the Eternal Father,

pray for us who have recourse to Thee.

O Mary, conceived without sin, most worthy Mother of the Son of God,

pray for us who have recourse to Thee.

O Mary, conceived without sin, most pure Virgin and Spouse of the Holy Spirit,

pray for us who have recourse to Thee.

O Mary, enriched with all the supernatural gifts from Your immaculate Conception,

pray for us who have recourse to Thee.

O Mary, who alone among all creatures was preserved from original sin,

pray for us who have recourse to Thee.

O Mary, adorned in Your immaculate Conception with the fullness of the most signal graces,

pray for us who have recourse to Thee.

- O Mary, to whom the prerogative of Thy immaculate Conception gives preeminence over all that is created, ***pray for us who have recourse to Thee.***
- O Mary, who, from the time of your entry into the world, has always appeared like the sun as it advances in its career, ***pray for us who have recourse to Thee.***
- O Mary, who by Your immaculate Conception was preserved from the threefold concupiscence, ***pray for us who have recourse to Thee.***
- O Mary, all beautiful and without blemish, ***pray for us who have recourse to Thee.***
- O Mary, shrine of Wisdom incarnate, ***pray for us who have recourse to Thee.***
- O Mary, Mother of good counsel, ***pray for us who have recourse to Thee.***
- O Mary, Mother of good hope, ***pray for us who have recourse to Thee.***
- O Mary, Mother of good help, ***pray for us who have recourse to Thee.***
- O Mary, Mother of grace, ***pray for us who have recourse to Thee.***
- O Mary, Mother of sweet consolation, ***pray for us who have recourse to Thee.***
- O Mary, Mother of beautiful love, ***pray for us who have recourse to Thee.***
- O Mary, dawn of the most beautiful days, ***pray for us who have recourse to Thee.***
- O Mary, lily of purity whiter than snow, ***pray for us who have recourse to Thee.***
- O Mary, new Eve, who crushed the head of the serpent, ***pray for us who have recourse to Thee.***
- O Mary, whose Immaculate Conception is the glory and happiness of the triumphant and militant Church, ***pray for us who have recourse to Thee.***
- O Mary, who floods the hearts of Your children with joy, ***pray for us who have recourse to Thee.***
- O Mary, whose name is full of sweetness and blessing, ***pray for us who have recourse to Thee.***
- O Mary, model of the life of faith, hope and love, ***pray for us who have recourse to Thee.***

O Mary, impregnable tower to the enemies of our salvation,
pray for us who have recourse to Thee.

O Mary, Mother of Jesus and ever Virgin, Immaculate Mother,
pray for us who have recourse to Thee.

O Mary, Virgin and Mother, blessed above all women,
pray for us who have recourse to Thee.

O Mary, depositary and dispenser of the graces which Jesus grants to Christians,
pray for us who have recourse to Thee.

O Mary, hope and consolation of the afflicted, the sick and the dying,
pray for us who have recourse to Thee.

O Mary, most powerful and most liberal protector of those who call upon You,
pray for us who have recourse to Thee.

O Mary, who, after Jesus, are all the joy and happiness of the poor children of Adam,
pray for us who have recourse to Thee.

O Mary, radiant gateway to the glory and delights of paradise,
pray for us who have recourse to Thee.

O Mary, rainbow of glory and splendor of the blessed in heaven,
pray for us who have recourse to Thee.

O Mary, whose heart was flooded with an ocean of sorrow at the foot of the cross,
pray for us who have recourse to Thee.

O Mary, conceived without sin,
draw us with the fragrance of Your virtues, and lead us to heaven.

Lamb of God, who takes away the sins of the world, ***have mercy on us.***

Lamb of God, who takes away the sins of the world, ***have mercy on us.***

Lamb of God, who takes away the sins of the world, ***have mercy on us.***

You were conceived without sin, O Virgin Mary!
Pray for us to God the Father, whose Son You begot.

Let us Pray

O God, who by the immaculate Conception of the most holy Virgin Mary prepared for Thy Son a worthy dwelling place in Her virginal womb, and who also preserved Her from all stain for the honor of this same Son, deign, we beseech Thee, to grant us the grace, through Her intercession, to purify us from all sin, to preserve us from all relapse, and to help us to imitate Her virtues, so that we may attain the happiness of possessing Thee for ever. Through our Lord Jesus Christ. Amen.

Closing Prayer

Leader: Please join me in our closing prayer to the Holy Spirit.

All:

Come, Holy Spirit!

Fill our hearts with gratitude and love for the precious Gift of the most Holy Eucharist You have given us to be our spiritual Food and Drink for our Journey of Faith.

Enkindle within us the fire of your love and inspire within us the desire to be like Jesus, Who won our Salvation and Who redeemed us from sin and death.

Help us, O Spirit of Mercy, to be poured out in charity, so that we can love as Jesus loves, in all that we think, say and do.

May You, O Spirit of Truth, give us the courage to be joyful witnesses to Jesus in our lives, and to always speak the Truth in Love.

Make our lives and homes places where Saints are formed, and where holy Vocations to the Priesthood, Consecrated Life, and Sacramental Marriage are fostered.

Help us, O spirit of Compassion, to see all those who suffer and are in need as You see them — as sisters and brothers in Christ.

May Mary, the Mother of the Church, intercede for us, and lead us always to the Heart of her Divine Son.

Come, Holy Spirit, come into our lives, our parish, and our Diocese, and lead us always to live our lives according to Your holy Will, now and forever. Amen

The Sign of the Cross

Leader:

In the name of the Father, the Son, and the Holy Spirit, Amen.