

Holy Redeemer Prayer Cenacle

The Immaculate Heartbeats

Prayer Format – December 2025

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 as given by Pope Leo XIV for the month of December:

“Let us pray that Christians living in areas of war or conflict, especially in the Middle East, might be seeds of peace, reconciliation and hope.”

All:

*God of peace, who through the blood of Your Son
has reconciled the world to Yourself,
today we pray for Christians living amidst wars and violence.*

*Even surrounded by pain, may they never cease to feel the
gentle kindness of your presence
and the prayers of their brothers and sisters in faith.*

*For only through You, and strengthened by fraternal bonds,
can they become the seeds of reconciliation,
builders of hope in ways both small and great,
capable of forgiving and moving forward,
of bridging divides, and of seeking justice with mercy.*

*Lord Jesus, who called blessed those who work for peace,
make us Your instruments of peace even where harmony seems impossible.*

*Holy Spirit, source of hope in the darkest times,
sustain the faith of those who suffer and strengthen their hope.
Do not let us fall into indifference, and make us builders of unity, like Jesus.*

Amen.

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:

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.

Closing Prayer

Leader: The month of December is dedicated to the Immaculate Conception of the Virgin Mary.

All:

Father, the image of the Virgin is found in the Church.

Mary had a faith that Your Spirit prepared and a love that never knew sin,
for You kept her sinless from the first moment of her conception.

Trace in our actions the lines of her love, in our hearts her readiness of faith.

Prepare once again a world for Your Son Who lives and reigns with You
and the Holy Spirit, one God, for ever and ever.

Amen.

The Sign of the Cross

Leader:

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