

## Holy Redeemer Prayer Cenacle

# The Immaculate Heartbeats

### Prayer Format – April 2025

#### Leader:

The model of the cenacle is based on Mary and the Apostles in the Upper Room in Jerusalem. This is where both the Last Supper (the first Eucharist) 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 April:

For the use of the new technologies.

Let us pray that the use of the new technologies will not replace human relationships, will respect the dignity of the person, and will help us face the crises of our times.

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.

## **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 to the Holy Spirit

**Leader:** The month of April is dedicated to the Holy Spirit. We pray to the Holy Spirit to fill us with joy, faith and hope at this holy time.

**Leader:**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

Father all-powerful,

Jesus, eternal Son of the Father, redeemer of the world,

Spirit of the Father and the Son, boundless life of both,

Holy Trinity,

Holy Spirit, who proceeds from the Father and the Son,

Holy Spirit, who is equal to the Father and the Son,

Promise of God the Father,

Ray of heavenly light,

Author of all good,

Source of heavenly water,

Source of consuming fire,

Spirit of love and truth,

Spirit of wisdom and understanding,

Spirit of counsel and fortitude,

Spirit of knowledge and piety,

Spirit of fear of the Lord,

Spirit of grace and prayer,

Spirit of peace and meekness,

Spirit of modesty and innocence,

**All:**

Lord, have mercy on us.

Christ, have mercy on us.

Lord, have mercy on us.

have mercy on us.

save us.

sanctify us.

hear us.

enter our hearts.

enter our hearts.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

have mercy on us.

Holy Spirit, the comforter,	have mercy on us.
Holy Spirit, the sanctifier,	have mercy on us.
Holy Spirit, who governs the Church,	have mercy on us.
Gift of God, the most high,	have mercy on us.
Spirit who fills the universe,	have mercy on us.
Holy Spirit,	come and renew the face of the Earth.
Holy Spirit,	shed your light in our souls.
Holy Spirit,	engrave your law in our hearts.
Holy Spirit,	in flame us with the fire of your love.
Holy Spirit,	open to us the treasures of your graces.
Holy Spirit,	teach us to pray well.
Holy Spirit,	enlighten us with your heavenly inspirations.
Holy Spirit,	lead us in the way of salvation.
Holy Spirit,	grant us the only necessary knowledge.
Holy Spirit,	inspire in us the practice of good.
Holy Spirit,	grant us the merits of all virtues.
Holy Spirit,	make us persevere in justice.
Lamb of God, who takes away the sins of the world,	send us your Holy Spirit.
Lamb of God, who takes away the sins of the world,	pour into our souls the gifts of the Holy Spirit.
Lamb of God, who takes away the sins of the world,	grant us the Spirit of wisdom and piety.

**All:**

Come, Holy Spirit! Fill the hearts of your faithful and enkindle in them the fire of your love.

Leader:

Let us pray:

**All:**

Grant, O merciful Father, that your divine Spirit may enlighten, inflame, and purify us, that He may penetrate us with His heavenly dew and make us fruitful in good works, through our Lord Jesus Christ, your Son, who with you, in the unity of the same Spirit, lives and reigns, one God, forever and ever. 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.