

Holy Redeemer Prayer Cenacle

The Immaculate Heartbeats

Prayer Format

Please join me in our opening prayer as given by Pope Leo XIV for the month of August:

The Sign of the Cross

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

All:

*Lord Jesus, Good Shepherd,
You walk through our streets and squares,
enter tall buildings and humble neighborhoods,
and silently accompany millions
who seek meaning amid noise and haste.*

*You know, Lord, the heart of the city:
its lights and shadows, its noise and loneliness.
We know that cities are called to be places of freedom and opportunity,
but they can also become spaces of anonymity and isolation.
That's why today we ask You for a renewed gaze,
able to discover in urban life
fertile ground for proclaiming your Gospel.*

*Give us a creative and deep faith,
that doesn't remain in words,
but becomes flesh through simple and loving gestures.
Make us a Church that goes forth,*

*able to reach out to the peripheries,
to console those who are lonely,
and to sow fraternity and connection instead of giving in to indifference.*

*Lord, may our urban communities
be open and welcoming homes,
places where hope is shared,
where no one feels invisible,
and where the joy of your Gospel shines
in the hidden lives of so many brothers and sisters.*

*Make us your witnesses in the city,
bold and creative missionaries,
who proclaim your Love with their lives—
a Love capable of overcoming haste, noise, and anonymity.*

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 Sorrowful Mystery – Agony in the Garden

Falling into an agony he prayed the more earnestly. And his sweat became as drops of blood running down upon the ground.

For true contrition for sin

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 Sorrowful Mystery – Scourging at the Pillar

Pilate, then, took Jesus and had him scourged.

For the virtue of poverty

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 Sorrowful Mystery – Crowning with Thorns

They stripped him and put on him a scarlet cloak; and plaiting a crown of thorns, they put it upon his head, and a reed into his right hand.

For moral courage

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 Sorrowful Mystery – Carrying of the Cross

And bearing the cross for himself, he went forth to the place called the Skull, in Hebrew, Golgotha.

For the virtue of patience

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 Sorrowful Mystery - Crucifixion

Jesus cried out with a loud voice and said, “Father, into thy hands I commend my spirit.” And having said this, he expired.

For final perseverance

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.

Chaplet of Divine Mercy

Introductory Prayers

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.

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.

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; from there He will come 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

Prayed on large bead prior to each decade

Leader: Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ,

All: in atonement for our sins and those of the whole world.

Prayed on 10 small beads of each decade

Leader: For the sake of His sorrowful Passion,

All: have mercy on us and on the whole world.

Prayed after all 5 decades of Chaplet are complete

Leader: Holy God, Holy Mighty One, Holy Immortal One,

All: have mercy on us and on the whole world. (Repeat three times)