

## 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 July:

#### The Sign of the Cross

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

#### **All:**

*Lord of life,*

*You created us in love and called us to live in fullness.*

*Each person is a sacred gift that reflects your face,*

*from the first instant of existence*

*to the final breath of their journey on earth.*

*Today we ask for the grace to recognize and protect*

*the unique and unrepeatable value of every human being.*

*May we learn to welcome life unconditionally,*

*to tenderly care for fragility,*

*to accompany each stage with respect,*

*and to bravely defend those who have no voice.*

*Forgive us, Lord,*

*when we fall into indifference or the culture of discard,*

*when we fail to see in others a being worthy of love.*

*Give us a new heart, always ready to choose life,*

*and generous hands that protect it through concrete actions.*

*Make your Church a living witness of the Gospel of life,  
an open home where every life is celebrated,  
where no one feels unwanted,  
and where dignity is always honored and protected.*

*Lord Jesus,  
may we love life as You love it:  
with tenderness, fidelity, and self-giving.  
May we proclaim, in words and actions,  
that every human life is worth the total gift of ourselves.*

*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)