



Holy Hour with the Divine Mercy Chaplet

Exposition

Silent Reflection

Chaplet of Divine Mercy

Silent Reflection

Divine Mercy Reflection: *Eileen Herbert*

Induction of New Members of the Eucharistic Apostles of Divine Mercy

Margaret Polinski

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Litany of Trust

Benediction

PRAYERS OF THE CHAPLET OF DIVINE MERCY

1. **The Sign of the Cross**
2. **Opening Prayer:** You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us. (*Repeat the following three times*) O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in You!
3. **Our Father & Hail Mary**
4. **The Apostles' Creed:** 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. 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.
5. **The Eternal Father** (*on the Our Father bead before each decade*): Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.
6. **For the Sake of His Sorrowful Passion** (*On the 10 small beads of each decade*): For the sake of His sorrowful Passion, have mercy on us and on the whole world.
7. Repeat **“The Eternal Father”** and **“For the sake of His sorrowful Passion”** prayers for 4 more decades.
9. After 5 decades, the **concluding doxology** (*three times*): Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.
10. **Closing Prayer:** Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

LITANY OF TRUST

written by the Sisters of Life

From the belief that

I have to earn Your love

Deliver me, Jesus.

From the fear that I am unlovable

Deliver me, Jesus.

From the false security

that I have what it takes

Deliver me, Jesus.

From the fear that trusting You

will leave me more destitute

Deliver me, Jesus.

From all suspicion of

Your words and promises

Deliver me, Jesus.

From the rebellion against

childlike dependency on You

Deliver me, Jesus.

From refusals and reluctances

in accepting Your will

Deliver me, Jesus.

From anxiety about the future

Deliver me, Jesus.

From resentment or excessive

preoccupation with the past

Deliver me, Jesus.

From restless self-seeking

in the present moment

Deliver me, Jesus.

From disbelief in Your love and presence

Deliver me, Jesus.

From the fear of being asked

to give more than I have

Deliver me, Jesus.

From the belief that my life

has no meaning or worth

Deliver me, Jesus.

From the fear of what love demands

Deliver me, Jesus.

From discouragement

Deliver me, Jesus.

That You are continually holding me,

sustaining me, loving me

Jesus, I trust in You.

That Your love goes deeper than my

sins and failings and transforms me

Jesus, I trust in You.

That not knowing what tomorrow

brings is an invitation to lean on You

Jesus, I trust in You.

That You are with me in my suffering

Jesus, I trust in You.

That my suffering, united to Your own,

will bear fruit in this life and the next

Jesus, I trust in You.

*That You will not leave me orphan,
that You are present in Your Church*

Jesus, I trust in You.

*That Your plan is better
than anything else*

Jesus, I trust in You.

*That You always hear me and in
Your goodness always respond to me*

Jesus, I trust in You.

*That You give me the grace to accept
forgiveness and to forgive others*

Jesus, I trust in You.

*That You give me all the strength
I need for what is asked*

Jesus, I trust in You.

That my life is a gift

Jesus, I trust in You.

That You will teach me to trust You

Jesus, I trust in You.

That You are my Lord and my God

Jesus, I trust in You.

That I am Your beloved one

Jesus, I trust in You.

BENEDICTION

HYMN

Down in Adoration falling,
 This great Sacrament we hail;
Over ancient forms of worship
 Newer rites of grace prevail;
Faith will tell us Christ is present,
 When our human senses fail.

To the everlasting Father,
 And the Son who made us free,
And the Spirit, God proceeding
 From them Each eternally,
Be salvation, honor, blessing,
 Might and endless majesty.
Amen.

BENEDICTION SONG

Priest You have given them Bread from Heaven.

All Having within it all Sweetness.

PRAYER

Lord,
we have celebrated today
the mystery of the rising of Christ to new life.
May we rest now in your peace,
safe from all that could harm us,
and rise again refreshed and joyful,
to praise you throughout another day.
We ask this through Christ our Lord.

DIVINE PRAISES

Blessed be God.	Blessed be the great Mother of God,
Blessed be His Holy Name.	Mary most Holy.
Blessed be Jesus Christ,	Blessed be her Holy
true God and true Man.	and Immaculate Conception.
Blessed be the Name of Jesus.	Blessed be her Glorious Assumption.
Blessed be His Most Sacred Heart.	Blessed be the Name of Mary,
Blessed be His Most Precious Blood.	Virgin and Mother.
Blessed be Jesus	Blessed be St. Joseph,
in the Most Holy Sacrament of the Altar.	her most chaste spouse.
Blessed be the Holy Spirit, the Paraclete.	Blessed be God in His Angels
	and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised,
adored, and loved with grateful affection, at every moment, in all the tab-
ernacles of the world, even to the end of time, Amen.

PRAISE THE LORD, YE HEAVENS

HYMN TO JOY



1. Praise the Lord! ye heav'ns a-dore him; Praise him an - gels, in the height;
2. Praise the Lord! for he is glo-rious; Nev - er shall his prom-ise fail;
3. Wor-ship, hon - or, glo - ry, bless-ing, Lord, we of - fer un - to thee;



1. Sun and moon, re - joice be - fore him; Praise him, all ye stars of light.
2. God has made his saints vic - to-rious; Sin and death shall not pre-vail.
3. Young and old, thy praise ex-press-ing, In glad hom - age bend the knee.



1. Praise the Lord! for he has spo - ken; Worlds his might-y voice o - beyed;
2. Praise the God of our sal - va - tion! Hosts on high his pow'r pro-claim;
3. All the saints in heav'n a - dore thee, We would bow be - fore thy throne;



1. Laws which nev - er shall be bro - ken For their guid-ance he has made.
2. Heav'n, and earth, and all cre - a - tion, Laud and mag - ni - fy his name.
3. As thine an - gels serve be - fore thee, So on earth thy will be done.

Text: 87 87 D; based on Psalm 148; verses 1, 2, *Psalms, Hymns, and Anthems of the Foundling Hospital*, 1796; verse 3, Edward Osler, 1798–1863. Music: Ludwig van Beethoven, 1770–1827; adapt. by Edward Hodges, 1796–1867.

Jesus, I trust in you.

ST. FAUSTINA KOWALSKI

