

Hour of Grace

(Requested by the Blessed Mother)

1. Day and time of “Hour Of Grace”: **December 8th Feast of the Immaculate Conception. . .to be 12 noon 1:00 p.m.** (one full hour of prayer).
2. During this hour the person making the “Hour of Grace”, either at home or in Church, must put away all distractions. (Do not answer the telephone, or answer any doors, or do anything but totally concentrate on your union with God during this Special Hour of Grace.)
3. Begin the “Hour of Grace” by praying the 51st Psalm three times with outstretched arms.
4. The rest of the “Hour of Grace” may be spent in silent communication with God, meditating upon the Passion of Jesus, saying the Holy Rosary, praising God in your own way or by using favorite prayers, singing hymns, meditating upon other Psalms, etc.

Psalm 51 — *The Miserere*

Prayer of Repentance (A psalm of David when Nathan the prophet came to him after his sin with Bathsheba.)

1. Have mercy on me, O God, in your goodness; in your abundant compassion blot out my offense.
2. Wash Me thoroughly from mine iniquity; and cleanse me from my sin.
3. For I acknowledge my transgressions: and my sin is ever before me.
4. Against Thee, Thee only, have I sinned, and done this evil in Thy sight; that Thou mightiest be justified when Thou speakest, and be clear when Thou judgest.
5. Behold, I was shaped in iniquity; and in sin did my mother conceive me.
6. Behold, Thou desirest truth in the inward parts; and in the hidden part Thou shalt make me to know wisdom.
7. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
8. Make me to hear joy and gladness; that the bones which Thou hast broken may rejoice.
9. Turn away Thy Face from my sins; and blot out all mine iniquities.
10. Create in me a clean heart, O God; and renew a right spirit within me.
11. Cast me not away from Thy Presence; and take not Thy Holy Spirit from me.
12. Restore unto me the joy of Thy salvation; and uphold me with Thy free Spirit.

13. Then will I teach transgressors Thy ways; and sinners shall be converted unto Thee.
14. Deliver me from blood guilt, O God, thou God of my salvation; and my tongue shall sing aloud of Thy justice.
15. O Lord, open Thou my lips; and my mouth shall proclaim Thy praise.
16. For Thou desires not sacrifice else would I give it; Thou delights not in burnt offerings.
17. My sacrifice, O God, is a contrite spirit; a heart contrite and humbled, O God, Thou wilt not despise.
18. Be bountiful, O Lord, to Sion in Thy kindness; by rebuilding the walls of Jerusalem.
19. Then shalt Thou be pleased with sacrifices of righteousness, with burnt offerings and holocausts; then shall they offer bullocks upon Thine altar.