

*First Friday Adoration*

March 4, 2022



*Our Lady Star of the Sea*

Youth & Young Adult Ministry

*Welcome!*

Welcome! Please be seated, and please silence or turn off your cell phones.

Thank you for joining our Youth & Young Adult Ministry this First Friday to adore Our Lord in the Most Blessed Sacrament. You will find the readings & music enclosed, as well as the promises Our Lord gave St. Margaret Mary Alacoque for those who complete 9 consecutive First Fridays.



Please kneel with the Eucharist is placed in the Monstrance.

O Salutaris Hostia  
Quae Caeli pandis ostium  
Bella premunt hostilia  
Da robur fer auxilium.

O saving Victim, opening wide,  
The gate of heaven to man below!  
Our foes press on from every side;  
Thine aid supply, thy strength bestow.

Unitrinoque Domino  
Sit sempiterna gloria.  
Qui vitam sine termino  
Nobis donet in patria.  
Amen.

To Thy great name be endless praise,  
Immortal Godhead, one in Three;  
Oh, grant us endless length of days,  
In our true native land with Thee.  
Amen

Reader 1: The month of March is devoted to Saint Joseph, please join us in saying the following prayers as we ask his intercession.

Let us begin, as we do all things: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.



**Remember, O most chaste spouse of the Virgin Mary, that never was it known that anyone who implored your help and sought your intercession were left unassisted. Full of confidence in your power I fly unto you and beg your protection. Despise not O Guardian of the Redeemer my humble supplication, but in your bounty, hear and answer me.**

**Amen.**

Act of Consecration to St. Joseph

**O dearest St. Joseph, I consecrate myself to your honor and give myself to you, that you may always be my father, my protector and my guide in the way of salvation. Obtain for me a greater purity of heart and fervent love of the interior life. After your example may I do all my actions for the greater glory of God, in union with the Divine Heart of Jesus and the Immaculate Heart of Mary. O Blessed St. Joseph, pray for me, that I may share in the peace and joy of your holy death. Amen.**

*You are invited to sit, stand, or kneel as you feel comfortable at this time.*

## **Peace**

Verse 1:

When my mind is like a battlefield  
And my heart is overcome by fear  
And hope seems like a ship that's lost  
at sea

Verse 2:

My enemies on every side  
And I'm tempted to run and hide  
Your gentle whisper reaches out to  
me

Chorus:

(You give me) Peace  
(That) Holds me when I'm broken  
Sweet peace  
That passes understanding  
When the whole wide world is  
crashing down  
I fall to my knees  
And breathe in (Your peace)

Verse 3:

Fiery arrows whistling  
The terror of the night sets in  
But I can feel Your angels all  
around

Verse 4:

I am resting underneath  
The shelter of Your mighty wings  
Your promises are where my hope  
is found

Chorus:

I remember who You are  
You're the God who's never far  
So I will not be afraid  
God You always keep me safe in  
Your arms

## **I Shall Not Want**

Verse 1

From the love of my own comfort  
From the fear of having nothing  
From a life of worldly passions  
Deliver me O God

Verse 2

From the need to be understood  
And from a need to be accepted  
From the fear of being lonely  
Deliver me O God  
Deliver me O God

Chorus:

And I shall not want  
No I shall not want  
When I taste Your goodness  
I shall not want  
When I taste Your goodness  
I shall not want

Verse 3

From the fear of serving others  
Oh and from the fear of death or  
trial  
And from the fear of humility  
Deliver me O God  
Yes deliver me O God

## **Silent Adoration**

## **I Will Wait for You**

Verse 1 :

Out of the depths I cry to You  
In darkest places I will call  
Incline Your ear to me anew  
And hear my cry for mercy Lord

Verse 2:

Were You to count my sinful ways  
How could I come before Your throne  
Yet full forgiveness meets my gaze  
I stand redeemed by grace alone

Chorus 1:

I will wait for You I will wait for You  
On Your word I will rely  
I will wait for You surely wait for You  
Till my soul is satisfied

## **Your Labor is Not in Vain**

Verse 1:

Your labor is not in vain  
Though the ground underneath you  
Is cursed and stained  
Your planting and reaping are never the same  
Your labor is not in vain

Verse 2:

Your labor is not unknown  
Though the rocks they cry out  
And the sea it may groan  
The place of your toil may not seem like a home  
But your labor is not unknown

Chorus:

For I am with you I am with you  
I am with you I am with you

Verse 3:

So put Your hope in God alone  
Take courage in His power to save  
Completely and forever won  
By Christ emerging from the grave

Verse 4:

His steadfast love has made a way  
And God Himself has paid the price  
That all who trust in Him today  
Find healing in His sacrifice

Chorus 2:

I will wait for You I will wait for You  
Through the storm and through the night  
I will wait for You surely wait for You  
For Your love is my delight

For I have called you  
Called you by name  
Your labor is not in vain

Verse 3:

The vineyards you plant will bear fruit  
The fields will sing out and rejoice with the truth  
For all that is old will at last be made new  
The vineyards you plant will bear fruit

Verse 4:

The houses you labored to build  
Will finally with laughter and joy be filled  
The serpent that hurts and destroys will be killed  
And all that is broken be healed

## **Reader 2: Prayer for Vocations**

God of Life, You speak to us and nourish us through the life of our Church community. In the name of Jesus, we ask you to send your Spirit so that all men and women among us will respond to your call to service and leadership in our Church as priests, deacons, brothers, and sisters. strengthened through Our enthusiasm and support. We make this prayer through Jesus your Son.  
Amen.

### **Abide with Me**

Verse:

Abide with me, fast falls the eventide  
The darkness deepens, Lord, with me abide  
When other helpers fail and comforts flee  
Help of the helpless abide with me

Thou on my head in early youth didst smile  
And though rebellious and perverse meanwhile  
Thou hast not left me though I oft left Thee  
On to the close, Lord, abide with me

I need Thy presence every passing hour  
What but Thy grace can foil the tempter's power?  
Who like Thyself my guide and stay can be  
Through cloud and sunshine, abide with me

I fear no foe with Thee at hand to bless  
Ills have no weight, tears lose their bitterness  
Where is thy sting death? Where grave thy victory?  
I triumph still, abide with me

Hold out Thy cross before my closing eyes  
Shine through the gloom and point me to the skies  
Thy morning breaks and earthly shadows flee  
In life and death, Lord, abide with me  
In life and death, Lord, abide with me

## *Closing Prayers*

**Reader #3:** Please stand. Together let us pray:

**Our Father . . .**

**Hail Mary . . .**

**Glory Be . . .**

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

You are welcome to show reverence to the Blessed Sacrament at the altar and Exit in Silence.

Thank you for spending this hour with Jesus in prayer!

## *The 12 Promises of First Friday Devotion*

### History

At the end of the 17th century Our Lord appeared to St. Margaret Mary Alocque (1647-1690) and asked her to spread devotion to His Most Sacred Heart. In a letter written to her Mother Superior in May 1688, St. Margaret Mary set out what is called The Great Promise Our Lord made regarding the Nine First Fridays and what we must do to earn it.

She wrote: "On Friday during Holy Communion, He said these words to His unworthy slave, if I mistake not: 'I promise you in the excessive mercy of My Heart that Its all-powerful love will grant to all those who receive Holy Communion on nine first Fridays of consecutive months the grace of final repentance; they will not die under My displeasure or without receiving their sacraments, My divine Heart making Itself their assured refuge at the last moment.'"



## *Sacred Heart of Jesus, Have Mercy on Us!*

### **Requirements**

You must complete the following EACH First Friday in addition to an hour of adoration for 9 consecutive months:

1. Go to Mass
2. Go to Confession
3. Receive Holy Communion

### **Promises**

If you complete the 9 First Fridays, the promises which the Lord said he would bestow are listed below.

1. I will give them all of the graces necessary for their state of life.
2. I will establish peace in their homes.
3. I will comfort them in all their afflictions.
4. I will be their strength during life and above all during death.
5. I will bestow a large blessing upon all their undertakings.
6. Sinners shall find in My Heart the source and the infinite ocean of mercy.
7. Tepid souls shall grow fervent.
8. Fervent souls shall quickly mount to high perfection.
9. I will bless every place where a picture of my heart shall be set up and honored.
10. I will give to priests the gift of touching the most hardened hearts.
11. Those who shall promote this devotion shall have their names written in My Heart, never to be blotted out.
12. I promise you in the excessive mercy of My Heart that My all-powerful love will grant all to those who communicate on the First Friday in nine consecutive months the grace of final penitence; they shall not die in My disgrace nor without receiving their sacraments; My Divine Heart shall be their safe refuge in this last moment.