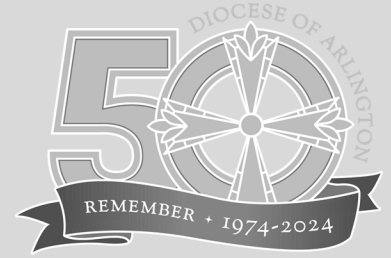




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# FORTY HOURS

Diocese of ARLINGTON



## THE FORTY HOURS DEVOTION

The *Forty Hours Devotion* is a period of continuous public prayer in the presence of the Most Blessed Sacrament. Christ our Lord is really and substantially present in this great Sacrament, and through our participation in the devotion we enter his presence, remember the salvation he won for us, rejoice in him, and become signs of his divine renewal in our world.

The devotion of *Forty Hours* originated six centuries ago in Milan. The practice spread quickly in the West through figures such as St. Ignatius of Loyola, St. Philip Neri, St. Charles Borromeo, Pope Clement VIII, and Pope Clement XII. It was fervently promoted in the United States by Saint John Neumann, the fourth bishop of Philadelphia, and in 1866, the devotion was approved for use throughout the United States.

In the Diocese of Arlington, *Forty Hours* was widely celebrated following the establishment of the diocese in 1974 and has remained an important devotion in many parishes. In remembering our Catholic heritage during the first preparation year leading to the diocesan golden jubilee, each parish in the Diocese of Arlington will celebrate *Forty Hours*.



## OPENING MASS

*Forty Hours opens with the celebration of Mass, for “the celebration of the Eucharist in the sacrifice of the Mass is truly the origin and the goal of worship which is shown to the Eucharist outside Mass” (Eucharisticum mysterium, no. 3e).*

## EXPOSITION

*At the conclusion of Mass, the Blessed Sacrament is solemnly exposed in a monstrance on the altar.*

### O SALUTARIS HOSTIA · O SAVING VICTIM

O salutaris Hostia, / Quae caeli pandis ostium:  
Bella premunt hostilia, / Da robur, fer auxilium.  
Uni trinoque Domino / Sit sempiterna gloria,  
Qui vitam sine termino / Nobis donet in patria. Amen.

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

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.

## ADORATION

*Adoration of the Most Holy Eucharist takes place for the remainder of the period of public prayer, interrupted only for the celebration of daily Mass. Indeed, Exposition is “intended to acknowledge Christ’s marvelous presence in the Sacrament” and “invites us to the spiritual union with him that culminates in sacramental Communion” (Holy Communion and Worship of the Eucharist Outside of Mass, no. 82).*

## BENEDICTION

*Forty Hours closes with solemn Benediction, in which the Church joined in prayer is blessed with the very Body of Christ.*

### TANTUM ERGO SACRAMENTUM · DOWN IN ADORATION FALLING

Tantum ergo Sacramentum / Veneremur cernui:  
Et antiquum documentum / Novo cedat ritui:  
Præstet fides supplementum / Sensuum defectui.  
Genitori, Genitoque / Laus et Jubilatio,  
Salus, honor, virtus quoque / Sit et benedictio:  
Procedenti ab utroque / Compar sit laudatio.  
Amen.

Down in adoration falling, / Lo! the sacred Host we  
hail, / Lo! o’er ancient forms departing /  
Newer rites of grace prevail; / Faith for all defects  
supplying, / Where the feeble senses fail.

To the Everlasting Father, / And the Son Who  
reigns on high / With the Holy Ghost proceeding /  
Forth from Each eternally, / Be salvation, honour,  
blessing, / Might, and endless majesty.  
Amen.

## VERSE & PRAYER

℣/. You have given them bread from heaven.

℟/. Having all sweetness within it.

Let us pray.

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, God, for ever and ever.

Amen.

## DIVINE PRAISES

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the

Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

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 tabernacles of the world, even to the end of time.

Amen.

## REPOSITION

### HOLY GOD WE PRAISE THY NAME

Holy God, we praise Thy Name; / Lord of all, we bow before Thee! / All on earth Thy scepter claim, / All in Heaven above adore Thee; / Infinite Thy vast domain, / Everlasting is Thy reign.

Holy Father, Holy Son, / Holy Spirit, Three we name Thee; / While in essence only One, / Undivided God we claim Thee; / And adoring bend the knee, / While we own the mystery.



### ON THE PRAYERS & HYMNS

The prayers and hymns of *Forty Hours* are worthy of prayerful meditation. They are beautiful and profound expressions of our Catholic faith in Christ's saving Death and Resurrection and in his real presence in the Eucharist.

*O Salutaris Hostia* and *Tantum Ergo Sacramentum* are sections of hymns originally composed by Saint Thomas Aquinas for the Feast of Corpus Christi. The first comes from *Verbum Supernum Prodiens*. The second is from *Pange Lingua Gloriosi*, which has also come to accompany the Transfer of the Blessed Sacrament on Holy Thursday.

The prayer "O God, who in this wonderful Sacrament" is also from Aquinas' texts for Corpus Christi, and it remains the opening prayer of the Mass for this feast.

The *Divine Praises* were composed in Italian by Father Luigi Felici (18<sup>th</sup> century) and expanded a few years later by Pope Pius VII.

*Holy God, We Praise Thy Name* paraphrases the *Te Deum*, a 4<sup>th</sup>-century hymn still sung in the Office of Readings. *Holy God* was composed in German by Father Ignaz Franz (18<sup>th</sup> century) and translated into English by an American priest, Father Clarence Walworth. The verses above are the first and fifth of the eight-verse original.

### ✠ Diocesan Golden Jubilee Prayer for Year 1 ✠

Lord Jesus Christ,  
in the Most Blessed Sacrament  
we enter your real and abiding presence,  
and we remember your salvation.  
As we prepare to celebrate  
the diocesan golden jubilee,  
give us true faith,  
that we may rejoice in you  
and become a sign of your renewal.  
Who live and reign for ever and ever. Amen.



To access additional resources, use the QR code or visit [www.arlingtondiocese.org/jubileehome/](http://www.arlingtondiocese.org/jubileehome/)

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