



Diocesan Commission for Liturgy, Vasai
Holy Hour - First Friday of the Month
5th April 2024

EXPOSITION

Opening Hymn: (As the Blessed Sacrament is being exposed)

“O Sacrament most holy, O Sacrament divine”
All praise and thanksgiving be every moment thine”....(3)

Let us bow before the presence of the Lord in the Blessed Sacrament.

Silence – 5 Minutes

ADORATION

Oh, Lord Jesus, I believe that You are truly present here in the Holy Eucharist as when You walked in Galilee where You ministered to the sick, the lame and the blind. Your ears of mercy are ever open to listen to the cries of the sorrowed and wounded, and Your lips ever ready to speak words of sympathy, comfort and encouragement to those who trust in Your power to help them.

As a sinner, conscious of Your mercy, I come before You now to spend some moments in communion and too long have I neglected to respond to You. Now, at last I come to You, Jesus, my patient and faithful Savior, to whom I can open my heart as someone who fully understands me. Oh, Jesus, you know me better than I know myself. You perceive the innermost secrets of my heart and see there my longing to be totally Yours. Deep down within me I want to love You but at the same time I am aware of the promptings of my sinful nature drawing me away from You, and the unselfish service which I should render to You. Jesus, I have asked and now ask You again. to grace me with a total love for You in spite of my weaker self. Fill each day of my life with acts of love for You and make me realize what Your love really means. Enlighten my understanding that I may clearly see that to love You means wealth beyond measure, and to serve You, reward without limit. Sweet Heart of Jesus, I implore that I may love You daily more and more.

Silence – 5 minutes

Scripture Reading: Acts 4:1-12

Reflection

God had just used Peter and John to heal a beggar in his forties who had been lame from birth. The spectacle of this man walking, leaping, and praising God drew a crowd, and Peter proclaimed the gospel to them. They were then arrested and put to trial before the council, although they were on trial before this intimidating council, Peter quickly turned the tables on them showing that it was they who were on trial. He points out that it was not a crime to do a good deed to a cripple. The members of the council were amazed at the confidence of Peter and John, when the council saw the man who had been healed standing there, they had nothing to say. The council commanded Peter and John not to speak or teach at all in the name of Jesus. Peter and John replied that they had to obey God, because they could not stop speaking what they had seen and heard. After further warnings, the council let them go, since the crowd was glorifying God on account of this miracle.

While Peter and John had to be commanded to stop speaking, most of us need to be reminded of the command to speak to others about Jesus Christ. Many modern Christians think that Jesus' Great Commission was really the Great Suggestion. Or we think that it applies to those called into missionary work, but not to the rest of us. But every believer should be able to say with Peter and John, even under threat of persecution, "I cannot stop speaking about what I have seen and heard." If we are prone to be timid witnesses for Christ, we should pray that the Lord would give us the confident boldness that we need to speak out for Christ, even if we suffer for it.

The characteristics of a confident witness as seen in Peter and John:

Confident witnesses are filled with the Holy Spirit - Controlled by God's spirit, obey God rather than men, even under the threat of persecution or death, have spent much time with Jesus and learned from him, and testify of what they know for certain. We know for certain that Jesus is risen from the dead, we know for certain that Jesus fulfilled many old testament prophecies, we know for certain that Jesus performed many attested miracles through the apostles and Confident witnesses insist on Jesus as the only way of salvation.

We all should seek to proclaim with confident boldness the good news that there is salvation in no one else except in Jesus Christ, whom God raised from the dead.

Amen

Silence - 5 minutes.

Hymn: I will sing of the mercies of the lord (Hymn No. 196)

Scripture Reading: Psalms 118: 22-24

Reflection

In the days before steel beams, stones were the construction material of choice to strengthen structures. Builders inspected stones to determine their best use. Some stones were rejected and deemed unusable for construction, while other stones were highly prized for their capability. The biggest and strongest stones were selected to be used in the foundation of the building. The chief corner stone was the strongest and best stone of all because it would be used to support the weight of the entire building. The cornerstone (or keystone) of a building or an arch gives the structure its shape and strong foundation. It is the most important of all the stones.

This metaphor within Psalm 118 expresses a common theme throughout the Old Testament. The theme is this: God often overlooks the strong and selects the weak to accomplish His purposes.

God chose the elderly Abraham and Sarah to give birth to His people, God's promise flowed through Jacob instead of his older brother Esau, God used stammering Moses to speak on His behalf before Pharaoh, God summoned the enslaved children of Israel to be His nation, God called skittish Gideon to lead His people against the Midianites.

The Last will be the first and the first will be Last. The Messiah Lord Jesus is the Chief corner stone that was rejected but we are brought into God's Kingdom through him, our true reason of Salvation.

Silence – 5 minutes

Hymn: Give thanks with a grateful heart (Hymn No. 133)

Intercessory Prayers:

Now let us place our petitions before our living God.

Our Response: Lord, hear our prayer.

1. For our Pope Francis, Bishops, Priests and the Religious that God may bless them to proclaim the power of the Gospel to all those who believe. We Pray to the Lord.
2. For the Church throughout the world, her ministers and followers that they may be the gracious recipients of the miraculous love and providence of our Lord, we Pray to the Lord.

3. For our nation, for those who serve in our government, in our military and in civil service: We pray especially for the safety and welfare of first responders, and all who stand in harm's way to protect and defend the lives of others, we Pray to the Lord.
4. For the poor, the homeless, the unemployed and those who live without life's basic necessities: We pray especially for those living in terror and fear. May the Prince of Peace be near to them and bless them with hope, we Pray to the Lord.
5. For senior citizens - that the younger generation may treat them with dignity and respect and not neglect their basic needs. We Pray to the Lord.
6. Let us pray for our personal needs. We pray to the Lord.

Concluding Prayer

Lord God, thank you for your abundant love and care for us. Thank you for forgiving our sins, even for the sins we do not realize we commit. Lord, please fill us with your wisdom and your compassion for others. May you bless us with your never-ending love. May you fill our cups with joy and may our lands overflow with your abundance. Lord, please help us to serve you in all we do. Help us to honour you both today and every day. In Jesus' name, we pray, Amen.

Silence – 5 minutes

Benediction

Hymn : Let us bow in adoration

Concluding hymn: O give thanks to the Lord, for He is good (Hymn No. 291)