

Diocesan Commission for Liturgy, Vasai

FIRST FRIDAY HOLY HOUR – 1st February, 2019

Kindly Kneel

As the Blessed Sacrament is being exposed:

“O Sacrament, most holy, O Sacrament divine,

All praise and thanksgiving be every moment Thine “....(3)

Silence – 5 Minutes

Introduction

Lord, even as we have gathered here in your presence to pray this hour with you, we are amazed at the unconditional love you have for us poor sinners. You manifest your “Real Presence” in the form of the Bread on the altar and are showering us with your blessings. We place our faith in your providence and accept your plans for us as we undertake this spiritual journey with you. Bless us as we praise and worship You, listen attentively to your Word in the Scriptures and meditate on the same.

Silence – 5 minutes

Hymn: No. 90 – Come into his Presence

Silence – 5 minutes

Scripture Reading: A Reading from the Gospel of Luke 4: 21-30

Silence – 5 minutes

Reflection :

Lord, when you proclaimed the Good News of salvation to all in the Synagogue at Nazareth, your hometown, all marveled at your wisdom. This soon turned to anger as they perceived that you were complementing the gentiles while gently rebuking your own kinsmen. Through the Scripture you are reminding us that we should not look down on people of other faiths and the salvation you preached was for all humanity and not only for your followers.

Now let us gaze within our hearts and ponder on:

1. Whether our behavior towards non-Christians is of indifference or do we love them?
2. Are we having disrespectful and superior attitudes towards them?
3. Do we live in such a way that those who don't know you may come to know you through our compassionate way of life?
4. Do we practice your teaching of forgiveness towards those who belittle us?
5. Are we charitable to those who are less fortunate than us?
6. Do we lend an attentive ear to those who are in need of consolation?
7. Do we always remain in a state of prayerfulness through the Reading of Scriptures?
8. Do we respect the elderly and always be concerned of their welfare?
9. Do we share the talents granted by you and use them to build your Kingdom?
10. Do we utilize our possessions for the common good?

After reflecting the above, we shall seek the Lord's help to rectify those areas in which we fall short.

Silence 5 Minutes

Hymn 258 – Lord you are my everything

Silence

Scripture Reading: A Reading from the 1st letter of St. Paul to Corinthians 13, 4-7

Silence

Reflection

The true characteristics of Love are so beautifully portrayed by St. Paul and exhort the faithful to practice the great Commandment of our Lord 'to love our neighbor as ourselves' The unconditional Agape love you bestowed on us makes us realize that we too must emulate all the qualities as we profess to become your true disciples. We should be tolerant and patient towards those who dislike us. We must learn to repay evil for good. A spirit of generosity is expected should be displayed towards those in dire need.

Silence

Now let us place our petitions before our living God

Our Response: Lord, hear our prayer

1. We pray for our Pope Francis, Bishops, Clergy and the Religious that they may always be caring and loving towards the flock entrusted to them, for this we pray to the Lord.
2. We pray that as Mama Mary and St. Joseph in obedience to the law of Moses presented you in the temple, grant that we too may obey the precepts of the Church, for this we pray to the Lord.
3. Lord, you granted St. Blaise the gift of healing of Throats, grant Lord that through his intercession all who are in need of healing may be healed, for this we pray to the Lord.
4. Lord, filled with zeal for your kingdom, our Patron saint, St. Gonsalo Garcia became an ardent evangelizer and a Martyr for the faith. Grant that we too may become Evangelizers and spread the Kingdom, for this we pray to the Lord.
5. We pray for all our Communities and the coordinators who have opted to shoulder the responsibility of spiritual upliftment of their members that they may always enjoy good health of mind, body and spirit, for this we pray to the Lord.
6. We pray for the sick, ailing and homebound that firmly believing in Your healing touch, they may courageously endure the physical hardships, for this we pray to the Lord.
7. Grant Lord that the caregivers of the ailing may be abundantly blessed for their compassionate deeds, for this we pray to the Lord.
8. We pause and pray for our personal and local needs

Concluding Prayer

With grateful hearts, we thank you Lord for this wonderful hour spent in your presence. The Scriptures enriched us and filled us with Joy. Bless us and always keep us under your watchful care.

Silence

Benediction Hymn: Let us bow in Adoration

Concluding Hymn: .No. 146 : God's Spirit is in my heart