

DIOCESAN COMMISSION FOR LITURGY, VASAI



Holy Hour
First Friday
6th August 2021



Exposition (*As the Blessed Sacrament is being exposed*)

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

Silence–5 Minutes

Adoration

Let us now come before the Lord with our hearts and minds lifted up to him as we spend the next hour with him.

Lord Jesus, you are the light of the world. .You are the bread of life. Through you we find enlightenment and sustenance. You were incarnated through the working of the Holy Spirit and entered our world through the co-operation of a simple young woman, the Virgin Mary. You were obedient unto death to save us from our sins. From your sacred heart, when pierced, came blood and water and your mercy flowed throughout the whole world. Today we recall that tortuous death that you underwent to reconcile us and the whole world to the heavenly father. We adore you for the great love that you have shown us by your dying on the cross for our sake.

Opening Prayer

As we contemplate on the passion, death and resurrection of our Lord and his great love which made him accept, of his own free will, his death, let us understand that he died for us, as St. Paul says, whilst we were still sinners so that, as he rose from the dead, we may rise with him in glory. May his great self-sacrifice spur us to reflect that same love to all those we encounter in our lives, - in our homes, community, work place and streets. May there be no hatred amongst us so that having loved one another we may imitate Jesus who loved us to the end.

Silence 5 mins.

Hymn No 153 : Greater love and friendship has no man than this

Scripture Reading: Dan 7 : 9-10, 13-14

Reflection

In the days of the exile of the Israelites into Babylon and amidst years of gloom and despair experienced by them in captivity, the prophet Daniel seeks to boost the spirits of his people by giving them a vision of the heavenly world to come. He speaks of the heavenly father in all his glory and his giving of all power, dominion and kingship to the son of man, Jesus. The heavens are full of thousands of souls who have passed the tough test of standing firm to their faith in spite of persecution and distress as the Israelites in exile. Daniel through this colourful imagery seeks to tell his people that Jesus Christ is God indeed and affirmed by the heavenly father “to be pleased with him”.

In these days of the pandemic, as we reflect on these verses, let us also be encouraged to know that God will finally see us through our present crisis since he is in control of everything.

Silence : 5 mins

Hymn 222 : Jesus you are my salvation

Gospel Reading: Mark 9:2-10

Reflection

While the Prophet Daniel, through his colourful vision of the heavenly realms, affirmed the divinity of Jesus to the Israelites, to cheer them up and give them hope, it is now Jesus’ turn to confirm his divinity by transfiguring himself on a high mountain with Moses and Elijah on each side, in the presence of his apostles, Peter, James and John. Peter had just acknowledged Jesus as the Messiah. But Jesus wants them to know that he had come not for his personal glory but to fulfil his mission of giving up his life to save mankind. Jesus wants his followers to do the same by foregoing all dreams of achieving personal glory by dying to themselves as they would face severe persecution when they eventually go out to the world to proclaim the Gospel.

As we reflect on these readings let us first acknowledge that Jesus is Lord. He has the power and wisdom and knowledge handed down to him by the heavenly father and that we first need to believe this with all our hearts and minds and souls. Secondly, we need to know that we have to follow him faithfully even if it means giving up our time and resources for the good of those in need of our help – the poor, the sick, the children abandoned by their own parents out of poverty or slavery to substance abuse, to the weak of heart, to the mentally and physically challenged, to the hungry, the blind and those in prison. Only then can we meaningfully say: “Jesus is Lord.”

Silence 5 mins.

Intercessory Prayers

Let us now place our petitions to the Lord.

Response: Lord, in your mercy listen to your people praying.

1. We pray for our Holy Father, Pope Francis that he may be in good health and strengthened with a renewed vigour to continue to serve the Church worldwide. Our response...
2. We pray for all the Bishops, priests and religious that they may be blessed for their dedication to their ministry of caring for the flock with whole hearted dedication. Our response...
3. We pray for all those who are infected with the Corona virus particularly all those severely infected and in ICU and on oxygen support that they may recovery speedily and be able to be united with their loved ones. Our response...
4. We pray for all those whose income has been adversely affected in this pandemic – those who have lost their jobs or have been placed on part-time work or their salaries reduced, that the pandemic situation may improve and their employers may take them back to work. Our response...
5. We pray for people all over the world, - those who believe in God but are lukewarm in their practice of the faith, and those who do not believe in God, - that they may be transformed by the Holy Spirit and the light of God may enable them to see the truth and follow Him. Our response...
6. Let us pray for our personal intentions.... Our response.

Silence 3 mins

Concluding Prayers

Lord Jesus, we thank you for the time that we have spent with you. As the psalmist says “You lead me besides still waters, you refresh my soul.” Having been strengthened by you we pray that your spirit be with us when we go out and that we may be faithful to you in spite of the attractions of the world which tend to take us away from you. May we always listen to your voice and follow your word so that we may be filled with the lasting peace that comes from you alone, Amen.

Benediction

Concluding Hymn 133 : Give thanks with a grateful heart