

Diocesan Commission for Liturgy, Vasai

(Holy Hour – First Friday of the Month – 2nd August 2019)

Opening Hymn:

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

As the Blessed Sacrament is being exposed:

“O Sacrament most holy, O Sacrament divine,

All praise and all thanksgiving be every moment thine”..

Silence – 5 minutes

Introduction

Dear Jesus, once again we come into your presence to worship you. It gives us immense joy to remain before you. Help us during the new hour to be aware of your Holy presence, that it may bring healing to our body and minds and obtain blessings in our lives. May we find strength in our trials and encouragement in our endeavors. Most of all Lord Jesus fill us with your lasting peace which you alone can give.

We will now spend some time to listen to what the Lord has to say to us. Speak, Lord, for your servant is listening.

Silence – 5 minutes

Hymn 232 – “Just to fix your eyes on Jesus..”

Silence – 2 minutes

Reading : Psalm 81: 3-6, 10-11

Reflection:

God is appealing to the people of Israel, reminding them of how he delivered them from bondage. He had also saved them from a famine. Now the Israelites have forgotten that and they need to be told again that they have to honour the Lord their God by singing aloud with dancing to the tunes of the tambourine, the lyre and the timbrel. They will blow the trumpet to the Lord their God who will provide them with sustenance. And this is not by choice but by statute.

Prayer:

Lord, make us aware that we are nothing without you. It is you who gives us our sustenance. You deliver us from dangers and guide us to safety. Help us to believe in your strength. Be our

helper in times of difficulties. Let us exult in you and may no occasion of anxiety overwhelm us but rather may be trust that you will deliver us from evil and danger.

Silence – 5 mins

Hymn No235. “Lay your hand gently upon us ..”

Reading : Mt 13: 54-58

Reflection:

We observe that initially the people of Nazareth are astounded with the gracious words of Jesus. But soon they started reflecting on his family background and became disillusioned. They could not believe that a man from their own neighborhood with simple family ties could be a prophet and they took offense at him. Jesus was astounded at their disbelief and did not do the mighty deeds that he had done in other areas of the holy land.

Prayer:

Lord, we too are sometimes guilty of disdain your works. There are times when we are filled with doubt about your messiahship. In times of testing we fail to trust in you. We are easily swayed with arguments put forth by non-believers. Too many times we are led away from you attracted by the ways of the world which gives happiness only for fleeting moments and make us slaves to their attractions. Lord, increase our faith, that we may see your mighty works wrought in our lives. Help us to continue to believe in you, and know your will in our lives and follow it.

Silence – 5 mins.

Intercession

Let our response be: Lord, hear our prayer

1. We pray for the elders in our parish that they may be able to bear their infirmities gracefully and find love, respect and joy in their families, groups and neighborhoods.
2. We pray for those of us who do not participate in the works of our Communities and those who do not read the Word of God, that they may be enlightened and be led by it so that we may live in a spirit of love and unity in our zones.
3. We pray that St. John Marie Vianney may intercede for us and for all priests, and that he may be an example of holy living for all of us.
4. Let us pray for our personal needs....

Concluding Prayer:

We thank you Lord, for these few minutes we have spent with you. Help us always to be one with you. Protect us from the distractions of the world. Help us to realize that the joys of the

world are temporary and that lasting joy comes from you alone. Increase our faith. May your simple family background bring simplicity to our lives and may we experience healing in mind and body. Help us to be loving and generous to all who need our help. Take away all that is selfish in us and instill in us a spirit of giving – of our time and resources to all irrespective of creed, we make we make this prayer, with faith, Amen.

Hymn:

“Let us bow in adoration”