

DIOCESAN COMMISSION FOR LITURGY - VASAI

4TH December 2020

HOLY HOUR

I. EXPOSITION

As the Blessed Sacrament is exposed

“O Sacrament most Holy, O Sacrament Divine
All praise and all thanksgiving be every moment thine”.....(3)

II. ADORATION

Silence – 2 minutes

O Jesus, we feel your compassionate gaze upon us as you look down on us from the Altar where you are really present in the Host. We are most humbled by your Real Presence in the exposed Bread.

Even as all Creation waits with bated breath for you to be born into our midst and as we prepare our surroundings we are reminded by the Church you have established to partake of the Sacrament of Reconciliation which alone would foster universal peace.

Silence – 2 minutes

A Reading from the Gospel of Mathew 3: 1-12

Silence – 3 minutes

REFLECTION

John the Baptist preached repentance to the people who came to him to be baptized. But he also cautioned the Pharisees not to be satisfied in the fact that they had Abraham as their ancestral Father would earn merits for them but to be active and bear good fruit. John proclaimed your coming Lord with a examining fork to separate the wheat from the chaff i.e. to judge our action towards our brethren as to how we treat them.

John presented picture of Judgment. But this judgment could be endured and overcome if we have discharged our duty towards our neighbor and have faithfully followed your

commandment of love. We should always be humble in spirit and be ready to help in building a strong community worthy of your kingdom in our neighbourhood. John assured us that the King who is to come would baptize us with fire and Holy Spirit.

Silence – 5 minutes

Hymn : Change my heart O Lord

A Reading from the letter of St Paul to the Ephesians 4: 15-16

Silence – 2 minutes

REFLECTION

St Paul emphasizes speaking in truth to be of primary importance. He assures us that by speaking the truth in love we would grow in Christ. We must introspect and explore our actions towards others especially those whom we are not very fond of or dislike. We may be able to speak the truth but the harder part is the love which we have to expose.

St Paul exhorts the community at Ephesus to remain united and work as one unit so that they may grow in Christ's love. This is a very important lesson for each one of us present here to become one and be always there for one another. We must lead our lives without malice, envy and feelings of revenge. We must function as smoothly as all the parts of the body do and become true evangelizers proclaiming Christ as our King and Redeemer.

Silence – 5 minutes

Hymn: I will never forget you my people

Silence – 2 minutes

Now let us place our petitions to the King of Kings.

Our Response shall be - Christ our Saviour, hear our prayer...

1. Lord grant grace to our Priests, Bishops and religious to lead exemplary lives worthy of proclaiming your Kingship over all creation.
For this we pray to the Lord.
2. During this Season of Advent, help us not only to cleanse our surroundings but also to cleanse our hearts by a good Confession.
For this we pray to the Lord.

3. Lord help each one of us to be mindful of others' needs and rush to their aid to alleviate their tribulations.
For this we pray to the Lord.
4. Grant that we may always be ready and willing in knitting a strong united Christian community where peace and joy may prevail.
For this we pray to the Lord.
5. Christ our King instill in us the compassion to seek out the sick and ailing in our communities and proceed to comfort them in their distress.
For this we pray to the Lord.
6. Jesus, the Prince of Peace, remove from the hardened hearts of those indulging in acts of war, terrorism etc the hate and instead fill them with love so that peace may prevail on earth.
For this we pray to the Lord.
7. Lord Jesus Christ, our God, our Saviour, our Redeemer, the King of the whole universe restore all things in yourself so that all may come to worship you in your temple.
For this we pray to the Lord.
8. Help us Lord to lead our lives in such a manner that those who don't know you may come to know you through our holistic way of living in love and joy with one another.
For this we pray to the Lord.

Silence – 3 minutes

We thank you Lord for granting us these few precious moments to be in your presence glorifying you as our King. We eagerly await your Second Coming. Let your kingdom prevail and let peace, joy and justice become a reality.

III. BENEDICTION

IV. REPOSITION

Final Hymn: God's Spirit is in my heart 146