



**Diocesan Commission
for Liturgy, Vasai**

**First Friday
of the Month**

**HOLY HOUR
7th August 2020**



Opening Hymn:

Hymn: 221: “Jesus my Lord, my God, my all,”

Silence– 3 Minutes Let us be silent before the Presence of the Lord.

Introduction

Lord, we come before you with praise and thanksgiving. Help us during the next hour to be focused on your holy presence. May we set aside all preoccupations, worries, distractions and temptations and concentrate on your loving kindness. These are the days of immense challenges from the pandemic. It not only affects our physical well-being but also our economic life. The world is caught up between two alternatives, - to resume working life or to stay at home. Both provide precarious outcomes. Only you can help us in this predicament. We believe that you can use your powers to quell the challenge. Lord, help us to approach you in times of our difficulties that you may deliver us from desolation.

Silence – 3 mins.

Hymn: No 75: Cause me to come to your river, O Lord.

Reading:

Deuteronomy 32: 35-36, 39, 41.

Narration:

The verses are part of what we call the “Song of Moses,” – words in praise of God’s love, faithfulness and might, that God instructs Moses to write this down for the Israelites that they may recall the love that Yahweh has for them in spite of their unfaithfulness to him by inevitably turning to other Gods. The Israelites would eventually and predictably resort to idol worship. They would forget all the wonders that God had done for them in delivering them from bondage to Pharaoh. They would remember no more of how God guided them and sustained them, answering all their needs through bread in the form of manna, meat in the form of quails and water from the rock, as they journeyed through the wilderness for 40 years towards the promised land.

Reflection:

The verses also speak to us of God’s faithfulness, to us in spite of our unfaithfulness to him even though he guides us through the dark periods of our lives – like the wandering in the wilderness – which we feel particularly in these days of the pandemic. Are we exasperated? Do we feel let down? Are there no signs of hope? Let us look to Jesus who, emptied of himself, hanging on the cross, in a seemingly hopeless situation, called on the Father with loud cries of supplications and was heard, through his victory over affliction and death.

Let us reflect in silence and ask God for the gift of hope in remaining true to him to the end.

Hymn: No 195. I will praise you, Lord, for you have rescued me.

Silence – 3 mins.

Reading:

Matthew 16: 24-28

Narration:

Peter has just made a declaration of Jesus's Messiahship and Jesus has appointed him as the rock on which his Church will be built. However, Jesus warns his disciples that he will not be accepted as the Son of God by all, and the Chief Priest and the Scribes will lead the resistance against him and make him undergo great suffering and get him killed. Jesus thus warns his disciples that following Jesus is not going to be a rosy life for them. They too will face persecution and, therefore, will have to take up his cross and follow him.

Reflection:

Much as we look at Jesus' power to heal and be a recourse to us in times of need, we need to understand that we cannot choose to remain in the periphery, but rather we have to put into the deep. That will mean setting aside the yearning for chasing the glorious effect of miracles and healing and entering into the life of Jesus completely – a life of giving rather than receiving, a life of surrendering rather than clinging to, a life of losing rather than gaining, only to realize, paradoxically, that we stand to gain everything in the end – eternal life with God - but only if we have the courage to trust in God.

Silence – 3 mins.

Hymn: No 203. – If you wish to be my disciple, Take up your cross and follow me.

Intercessory Prayers:

As we put forward our petitions, let our response be:

Lord, hear our prayer

1. For our Pope Francis, Bishops, Priests and the Religious that God may bless them and that they may proclaim the power of the Gospel to all the people, for this we pray. **Our response.**

2. For the health of those in the front line of the fight against the pandemic, that God may give them courage and protect them from infection and death, and for consolation of the families who have lost their bread winners in this crisis, that the Govt. may provide them with the wherewithal to meet their family needs, for this we pray. **Our response.**
3. Let us pray for the victims of child labour who have to face exploitation and sub-human living conditions, and under-payment, that the employers may become aware of their errors and that Govt. officials may take appropriate action to correct such misdeeds, for this we pray. **Our response.**
4. We pray for those in authority, that they may consider the constitutional rights of all without discrimination of faith. **Our response.**
5. Let us pray for our personal needs.... **Our response**

Concluding Prayer

We thank you Lord for your love. Help us to be grateful for the times you have rescued us in the past. It is your will that we should listen to your word so that you will come and abide in us. May we promise to hear your voice and allow you to lead us through life. Make us understand that following you means taking up our daily crosses of life and accepting them as your will for us, as you did to the Heavenly father so that we may bear fruit and witness you to the world. May we become aware that following you and your commandment to love one another, in the manner that you love us, is not burdensome but, rather, a joy, like the saints before us, and that this is possible if only we begin to love you as you love us. May this hour that we have spent with you increase our joy, Amen.

Silence – 3 min

Concluding Hymn: Thank You Lord, for all you have done things both great and small.....