



**Diocesan Commission for Liturgy, Vasai**  
**Holy Hour - First Friday of the Month**  
**7<sup>th</sup> February 2025**

**EXPOSITION**

**Opening Hymn:** (As the Blessed Sacrament is being exposed)

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

Let us give a profound bow to our Lord, our light and our life.

*Silence–2 Minutes*

**INTRODUCTION**

Lord Jesus, we thank you for bringing us into your mighty presence. We glorify and adore you for you are the very Author of our life, you care for us and love us abundantly. Thank you for the many graces, your loving kindness and faithfulness you’ve showered upon us. Strengthen and empower us with your love as we come in worship before your throne and listen to your Word.

Our response to each line will be:

**Lord, we glorify You.**

For having called me by name,

For being so patient with me,

For bringing me into your wonderful light,

For creating in me an interest in prayer,

For blessing us with intellect and creativity,

For giving me the invaluable gift of faith,

For giving us the right to be your children,

For You are the Maker of all that exists in the universe,

For dynamic progress in science and technology,

For the gift of Mary our mother and all the Saints

**Hymn:** My heart’s like a flute..... (Hymn No. 278)

*Silence: 2 minutes*

**Scripture Reading:**

A reading from the Book of Revelation 22:16,17

*Silence : 2 minutes*

**Reflection:**

Jesus is the eternal source and promised Messiah from the family of David. He is the bright morning star that heralds the day and chases away the darkness of night - sin, wickedness and death flee away before the brightness and purity of Jesus, our Saviour. Jesus is the Light of the world, the one who follows Him will no longer abide in darkness but will have the light of life as declared in the Gospel of John 8:12.

We are chosen and called to walk in His light, we pray for the grace to refrain and turn away from the pleasures of sin and evil works of darkness. Let the light of Christ radiate within us and through our very attitude and lives.

Each of us, along with all the Consecrated souls is called to answer to the call of Jesus when He summons us, "Come".

The Lord tells His Bride, the Church - the Body of Christ to respond with a 'Yes' and live our faith journey through His inspiration and promptings of His Spirit. It symbolises a great truth that each of us is called to be a missionary. He who has been found by Christ must find others for Christ.

Let it be known to whoever is thirsty - possibly thirsty for attention or appreciation, fame or popularity, worldly pleasures or power, all our thirst can be quenched if we come to the Fount of Living waters. Once we taste of the Fount of Life, which we receive as a free gift, we will be satisfied and thirst no more. Let us place ourselves with all our shortcomings, fears, anxieties, our unfulfilled needs and all our concerns to Jesus, the Bread of Life. May we be blessed and guided by the light of the Holy Spirit and strengthened with His love in every area of our lives.

**Hymn:** O let the Son of God enfold you ... (Hymn No. 295)

*Silence: 5 minutes*

**Intercessory prayers:**

Our Response will be : **Lord, fill us with your love.**

1. For our Pope Francis, all Bishops, Priests, religious sisters and missionaries, that they will shine as light that enlightens and flavours, giving hope and joy to others through their own lives as witnesses, for this we pray.

2. For those consecrated to the service of God as religious men and women, that they may courageously bear witness to Christ and be instruments of conversion and change, for this we pray.
3. For medical personnel - Doctors, nurses and paramedics that they may bring comfort, consolation and healing to the sick and suffering, for this we pray.
4. For all families to be blessed with the gift of prayer, mutual respect and forgiveness, being sensitive to each other's needs, for this we pray.
5. For peace to enfold all countries of the world especially the warring nations - Israel, Lebanon, Gaza, Yemen, Iran, Ukraine, Russia and North Korea, let the light and love of the Holy Spirit inspire all decisions made by world leaders, to bring comfort and healing to the suffering humanity, for this we pray.
6. For all the faithful to be pilgrims of hope in this Jubilee year, yearning for heavenly treasures, may the joy and peace of Christ flood the earth, for this we pray.

*Silence: 3 minutes*

**Hymn:** Give thanks..... (Hymn No. 133)

**Concluding prayer:**

Jesus, we thank you for these wonderful moments in Your mighty presence. Help us to remain in You and continue to walk in the faith entrusted to us and pass on to all we encounter the gifts of salvation.

Guide us in all our ways to be the leaven of new life, salt of the earth and light of the world.

**Benediction**

**Hymn :** Let us bow in adoration....