



Diocesan Commission for Liturgy, Vasai
Holy Hour - First Friday of the Month
7th January 2022

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)

Silence–5 Minutes

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

ADORATION

We come to you O Lord, to spend some time in prayer and worship. We thank you for making us worthy to come and adore you. We ask you to fill us with your love. Help us to leave all our thoughts and worries aside and concentrate on your divine presence. Help us to open our hearts and minds to the Holy Scriptures and build a closer and deeper relationship with you.

O Lord, there are a lot of lying voices that make “noise” in our world! We have heard them. These voices tell us to swap our integrity for a new sale. To barter our convictions for an easy deal. They whisper. They woo. They taunt. They flirt. They flatter. They say “Go ahead, it’s okay.” “Just wait until tomorrow.” “Don’t worry, no one will know.”

The mark of your disciple is the ability to hear the Master’s voice i.e., your voice. There’s never a time O Lord that you are not speaking. Never a place in which you are not present.

We now let go of our fear and experience your love and presence in the form of the Bread on the altar and meditate in this silence and try listening to your voice. O Lord, you have said, “My sheep hear My voice, and I know them, and they follow Me”, we now maintain silence and calm our hearts and thoughts and listen to your voice.

Silence – 5 mins.

Reading : 1 John 3:22 – 4:6

Reflection:

“and whatever we ask we receive from Him, because we keep His commandments and do the things that are pleasing in His sight” - Many self-righteous Catholics take this verse out of its Biblical context to mean that God has effectively signed a blank check, which allows His children to fill in a simple prayer request to ensure that they get whatever they want - in order to fulfil their fleshly lusts.

This verse is not teaching that God is obligated to respond to our own positive confession and fulfil our own fleshly desires, unsanctified petitions or unscriptural declarations. Such an attitude is unbiblical and such an interpretation not only contradicts the gospel of grace but is inconsistent with the correct interpretation and context of this passage on prayer. God does indeed reward obedience, but not the sort of ritual obedience of rigid adherence to a series of imposed commands in order to guarantee a reward that God is obligated to grant.

Righteous prayer emanates from an obedience to God's Word and a mental attitude of love for Him which was initiated by God Himself, who first loved us by giving His Son to be the propitiation for our sins. Legalistic obedience to God's law does not guarantee an answer to our declared demand.

In context, this verse gives us an assurance that we will receive whatever we ask for, when we humbly request what is in full alignment with the Word of God and pray into the will of God in the power of the Holy Spirit - for the honour and glory of His name.

Do not believe every spirit, but test the spirits to see whether they are of God; for many false prophets have gone out into the world. St Ignatius, from his own difficult spiritual experiences, put together ‘Rules for the discernment of spirits’ which form a crucial part of the Ignatian Spiritual Exercises: It is characteristic of the good spirit to give courage, strength, consolations, inspirations and peace. He does this by making all easy, by removing all obstacles, so that the soul goes forward in doing good.

Silence – 5 mins.

Heavenly Father, we thank you for the privilege of prayer and that through Lord Jesus Christ we have access to the throne of grace. Thank you that you hear and answer the prayers and intercessions of your children that are aligned to your will and the Word of truth. AMEN.

Silence – 1 min.

Hymn: Listen let your heart keep seeking (2 verses) Hymn No, 250

Reading : Psalm 2 : 7 – 11

Reflection:

“I will surely tell of the decree of the LORD: He said to Me, 'You are My Son, Today I have begotten You” - Lord Jesus is the unique Son of God who was chosen before the foundation of the world to be the sinner's Saviour. He offered His life as the sacrifice for sin and died to pay the price for the sin of the whole world. And by His Resurrection from the dead, the only begotten Son of God received His Father's stamp of approval and was given complete authority in heaven and on earth.

There are a number of ways that Christ can be identified as the unique Son of God. Being the second member of the Trinity, the Son of God has been with the Father from all eternity, and His incarnation at Bethlehem was that historic point when the Son of God was dressed in mortal flesh and became the Son of Man - the Word made flesh - the incarnate God.

In this verse, God the Father is proclaiming that Christ is His chosen, anointed King. God's promise to David that a Man would sit upon his throne forever, is realised in the Person of Christ through His sacrificial work on the Cross and His glorious Resurrection from the dead. Indeed, the Father's promise to the Son continues: "Ask of Me, and I will surely give the nations as Your inheritance, and the very ends of the earth as Your possession. You shall break them with a rod of iron, You shall shatter them like earthenware."

The title, the name, the ministry, the sacrificial work, and the decree of the LORD which was given to the unique Son of God, stands fast for ever and ever: "You are My Son. Today I have begotten You." for He was chosen before the foundation of the world to be the sinner's Saviour. Christ offered His life as the sacrifice for the sin of the whole world and died to pay the price for your transgressions and for mine. And by faith in His name, we too will rise from the dead - and will live with Him forever.

Silence – 5 mins.

Heavenly Father, thank You that You purposed to redeem mankind through the sacrifice of a Kinsman-Redeemer and decreed that the eternal Son of God would be born into the human race as the perfect Son of Man. Thank You that He took the punishment for our sins so that by faith in Him, we also might be adopted into Your family and become

sons of the living God. Thank You that the day is coming, when He will be proclaimed King of Kings and Lord of Lords in His everlasting kingdom. Thank You that I am part of Your eternal family and that Christ is my Saviour, in Whose name I pray, AMEN.

Silence – 1 min.

Hymn : Give thanks with a grateful heart.... Hymn No. 133

Intercessory Prayers:

Now let us place our petitions before our living God.

Our Response : Lord, hear our prayer

1. We pray for our Pope Francis, Bishops, Clergy and the Religious that they may continue to persevere doing your work in faith. We Pray to the Lord.
2. Lord, we pray for Vocations, we pray that our youth and young ones follow you Lord Jesus. We Pray to the Lord.
3. Lord, we pray for the people working in health services and Doctors helping to formulate a vaccine that will help fight this global pandemic this world is suffering from, may they be protected from this deadly virus and may this vaccination process be a success with your blessing and protection. We Pray to the Lord.
4. For Christians who are not fervent in the practice of faith that they may change their ways and return to the Lord who is anxiously waiting for their conversion. We Pray to the Lord.
5. Let us pray for the sick and for those who suffer, for all in the nursing homes and hospitals, and for those who are housebound. Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles; and bring them the joy of your salvation. We Pray to the Lord.
6. Lord, we pray for our country, give wisdom to those in authority, and give to all people a desire for righteousness and peace, with the will to work together in trust, to seek the common good and to share with justice the resources of the earth. We Pray to the Lord.
7. Let us pray for our personal needs. . We Pray to the Lord

Concluding Prayer

With grateful hearts, we thank you Lord for this wonderful hour spent in your presence. The Scriptures enriched us and filled us with Joy. Bless us and always keep us under your watchful care.

Silence – 5 mins.

Benediction Hymn : Let us bow in Adoration