



Diocesan Commission for Liturgy, Vasai
Holy Hour - First Friday of the Month
6th May 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

Opening prayer: Psalm 134:1,2

Come bless the LORD,
all you servants of the LORD
Who stand in the house of the LORD
through the long hours of night.
Lift up your hands towards the sanctuary,
and bless the LORD.

Lord Jesus, we praise and glorify You for inviting us to spend these precious moments of Adoration in Your mighty presence. We offer you homage through a profound bow, O King of Kings, O Lord of Lords, O Risen Lord, O Bread of Life, for You are the Resurrection and the Life!

Our hearts are filled with gratitude as we thank You for all Your blessings- Your goodness, Your care, comfort and love, Your Divine providence and Divine grace and Mercy. We thank You for the gift of life itself and We are so privileged to worship You Jesus, our God who is alive and real, who rose from the dead and is seated at the right hand of the Father to intercede for us.

Silence :2 minutes

Hymn: When I look into Your holiness (453)

Scripture Reading:

A reading from the Acts of the Apostles 2: 38-47

Silence 2 minutes

Reflection:

Jesus, you are present with us whenever we call on your name. You appeared to the disciples on the way to Emmaus, you also appeared to them as they unitedly prayed in the Upper Room and You empowered them. The simple early Christians, though undergoing severe hardships and persecution drew strength from the Word of God, the Eucharist and fellowship whilst sharing even their material goods. They worshipped God with great awe and respect and inspired many others. God performed miracles and wonders in their midst and saved many more souls, adding them to their group. They were filled with joy and peace of the Holy Spirit as well as boldness to proclaim God's word fearlessly.

As we shared the light of Christ from the Easter candle at the Vigil, we're called to be an inspiration to many others through our seriousness in prayer, service and witnessing the Gospel message. We are called to constantly renew our hearts and minds and be filled with the Holy Spirit, who is the Promise of the Father. The Holy Spirit is given to all who call on the name of Jesus and confess Him as Lord, inviting Him into every aspect of life.

May the flame of the Easter light sanctify us from our sinful desires and attachments, so we can worship God in Spirit and in Truth. Let the prayers of the true worshipers ascend to the throne of God like incense, and save this world from deadly violence, terror and wars that are thoughtlessly destroying innocent lives, families and societies.

Silence : 3 minutes

Hymn: I'll sing a song to you (192)

Silence :2 minutes

Scripture Reading:

A reading from St Paul's letter to the Romans 8:37-39

Silence :2 minutes

Reflection:

St John Paul the 2nd said, 'We are an Easter people and Alleluia is our song.'

Easter is not only a date on our calendar or a mere remembrance, but Easter has become our identity. We are not made of glass, but we are made of unbreakable, unconquerable, everlasting and eternal material. No matter what has occurred in our life, all through our struggles, pain, sickness, doubt or despair, because of Easter, we are made for victory,

for a destination that's glorious! We are assured that we are more than conquerors through Christ who loved us, who doesn't allow us to be a defeated people. As humans we are condemned to sin, sickness, sorrow and death. Every one of us have sinned and one day we must die. But with Easter, death is not our destination but a portal to eternal life. Pope Emeritus Benedict the 16th said, 'because of Easter, every human has a future'. And love proves to be stronger than evil and sin. Holding onto love and justice we're bound to breakthrough sealed tombs and cut through even the thickest darkness. Easter strongly exhorts us to hold onto love and justice, even if it takes us to Calvary, because at Calvary, love and justice will take us to the place of undefeated victory where we are more than conquerors. Truly we are an Easter people whose victory cry is Alleluia!

Silence :2 minutes

Let us place our intentions before the Lord

Our response: Merciful Lord, hear our prayer.

1. For Pope Francis, all Bishops, priests, religious and missionaries, to receive divine protection and a fresh anointing of the Holy Spirit, to boldly proclaim the Gospel and win over many souls for Christ, for this we pray
2. For world peace, may the Lord who calmed the stormy seas bring peace and serenity in war torn nations especially Ukraine and Russia, and May all political leaders be filled with Godly wisdom to make righteous decisions, for this we pray
3. May the Divine Mercy encompass the suffering humanity, bring solace and comfort to the needy, downtrodden, sick and suffering. May His healing touch be upon the land of Sri Lanka to ease the current economic crisis, for this we pray
4. Gracious Jesus, pour out your graces and heal this world from every virus and it's variants, bless all scientists, doctors and health workers with your divine wisdom, guidance and protection, for this we pray
5. For all families to be filled with love, joy and peace of the Holy Spirit and be inspired to unitedly pray the family Rosary with great devotion, for this we pray
6. For our personal and local needs

Concluding prayer: Jesus, we thank you for filling us with your presence and blessing us. We love you and trust totally in You and your will for our life.

Thank you for your divine protection in this Blessed Sacrament, that empowers and overshadows us.

May your Word that we have received bear fruit in our lives and be a lamp to our feet and a light to our path. Thank you, Jesus, praise you Jesus, Alleluia!

Benediction

Let us bow in adoration

Hymn: You who dwell in the shelter (479)