



Diocesan Commission for Liturgy, Vasai
Holy Hour - First Friday of the Month
3rd November 2023

EXPOSITION

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

“O Sacrament most holy, O Sacrament divine” (Hymn No. 301)

Silence: 3 minutes

Adoration:

Let us come before the Lord with Feelings of Gratitude and praise as we will spend the next hour worshipping Lord Jesus, when our hearts are filled with joy that comes from His victory over death, sin, Satan and sickness. Let our hearts and minds be focused on Jesus, who is the same yesterday, today and forever. Lord, we know that you have been waiting for us to come and be with you. Look on us with mercy and pour your love upon us so we will rejoice in your mighty presence.

Silence: 3 minutes

Hymn: We are here to praise you –

Silence: 2 minutes

Hymn: His name is higher..... (Hymn No. 174)

Silence: 2 minutes

Scripture reading: Mark 5: 21-43

Reflection:

Sickness and diseases are great interrupters in life. They enter in the house of life, without knocking at the door. They disrupt many plans and aspirations. They reduce our hope for the future.

The Gospel is a narration of two persons who encountered this interruption in life. Both these two persons - Jairus and the Woman with the haemorrhage underwent similar struggles. But both also displayed a similar sort of faith in the Lord.

In both encounters it's the touch of Jesus that healed and strengthened. In the first instance the woman plucked up courage to touch Jesus and the power released from Him empowered and healed her instantly.

In the second encounter, Jesus ignored the people who stated that the girl was already dead and told Jairus not to fear but only to believe. Jesus touched the girl's hand, life giving power was released and the girl stood up.

When we surrender ourselves to the LORD, He touches us with His Divine strength and healing. We experience a transformation and a deep peace in His serene presence.

Silence: 2 minutes

Hymn: When I look into your holiness..... (Hymn No. 453)

Let us place our intentions before our Lord Jesus.

Let our response be: Lord, hear our prayer.

1. We pray for our Holy Father Pope Francis, Bishops, Priests and Religious that God may bless them, and they be strengthened by the Holy Spirit to continue their ministry amidst challenging situations and trials.
2. We pray that those who are weak in faith may come to know the truth and find in Jesus the source of joy and wholeness and through the intercession of the Holy Saints come closer to Jesus.
3. We pray for all the sick and the hospitalized. May they feel the healing power of Christ and find comfort and hope in his constant presence.
4. We pray for our church community that we may be inspired by the lives of the holy Saints in becoming more like Christ.
5. We pray for those who are struggling with failure, financial crisis, temptation, addictions, vices and obsessions that with trust they may turn to Jesus our liberator.
6. We pray for all families that they may live in unity in a spirit of prayer and forgiveness. Through the daily recitation of the Holy Rosary, may they experience Our heavenly mother's love and protection.
7. We pray for all the departed members of our family and all the souls in the purgatory, that the LORD may forgive their sins and welcome them into the joyful embrace of his never- ending love and peace.

Silence: 2 minutes

Concluding Prayer:

With a grateful heart, we thank you Lord, for this wonderful hour spent in your presence. The word of God enriched us and filled us with joy and hope. May your word bear fruit in our lives, be a lamp to our feet and a light to our path. Bless us and always keep us under your watchful care.

Thank you, Jesus, Praise to you Jesus, Alleluia!

Benediction

Benediction Hymn: Let us bow in Adoration

Blessings

Reposition

Repositioning of the Blessed Sacrament

Concluding hymn: Give thanks (Hymn No. 133)