



Diocesan Commission for Liturgy, Vasai
Holy Hour - First Friday of the Month
3rd May 2024

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 bow before the presence of the Lord in the Blessed Sacrament.

Silence – 2 Minutes

ADORATION

Lord, we have come into your divine presence to praise and worship you. Help us not to be distracted by other matters so that we can fix our eyes on you. Help us to be calm and composed in the presence of your divine light which transcends everything in life. Fill us with your love. May we be filled with the joy and peace that comes from you alone. We know that all that comes our way takes place according to your holy will. Grant us the grace to accept our situations in life. May we be keen to follow your commandments so that our lives may be pleasing to you and bear the fruits that lasts.

You loved us from the beginning. You were born in this world to die for us. Yes, Lord, that was indeed your mission – to teach, and heal and love all the people to the extent of giving up your life for our sake, to save us from our sins. Before you gave up your life you called together all the apostles and prayed that all may be one. Grant us the will to remain united with the people - to be of one mind and heart as you wished. Through your death you reconciled mankind to God. Help us always to respond to your love.

Silence – 3 minutes

Hymn: Where two or three are gathered in my name (Hymn No. 458)

Scripture Reading: 1 Cor 15:1-8

Reflection

In this Eastertide we are pleased to reflect on what happened in the joyous days when Jesus rose from the dead and were seen by many. How privileged were those people to whom Jesus appeared on his victory over death as he had foretold! If his death brought sadness and a sense of defeat to his disciples now was the time to rejoice because they

realized that their faith was not in vain. If anyone doubted that Christ rose from the dead, they must know that there were more than 500 people who were witnesses to Christ's resurrection. St. Paul is delighted that he could be included as a witness too that Christ is alive when Jesus appeared to him on his way to Damascus. Is Christ's resurrection a reason enough for us to obey his commandments to love one another?

Silence – 3 minutes

Hymn: A new Commandment I give unto you (Hymn No. 16)

Scripture Reading: John 14:6-14

Reflection

If through the prophets God has spoken to us, it is through Jesus that God has revealed himself to us. In the Old Testament it is mentioned that anyone who saw God would die, except for Moses who spoke face to face with God. But in Jesus everything in the old has changed. In him we have become a new creation and all the old must die. We no more need to fear the presence of God. In fact, Jesus is Emmanuel, the God amongst us. Not just God but he even is our friend who has told us everything, and our brother, who is willing to share his inheritance with us – the inheritance of the kingdom of God. We even have the promise of salvation through his death on the cross for he gave up his life for us of his own free will so that we might be saved.

What have I done for Jesus in appreciation of his self-sacrifice for me?

Hymn: What a friend we have in Jesus ,, ,, ,, ,, ,, ,, ,, (Hymn No. 444)

Intercessory Prayers:

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

Response: Lord, hear our prayer

1. For our Pope Francis, Bishops, Priests and the Religious that God may keep them free of all afflictions and help them to be efficacious in spreading the Good News of God's love to the people, **for this we pray, Our response.**
2. For government leaders and those in authority, that they may set aside their differences and work hard for peace in their regions, **for this we pray, Our response.**
3. For the religious leaders of all faiths that they may work for unity in the diversity of our great country and promote a platform for religious freedom without bias or partiality, **for this we pray, Our response.**

4. For all school students, that they may find in these holidays an opportunity to promote their individual skills and talents for the good of all, **for this we pray, Our response.**

5. Let us pray for our personal needs.... **Our response**

Silence – 3 minutes

Concluding Prayer

We thank you Lord for these moments that we have spent with you. Help us to be loving and forgiving. Put into our hearts a love for the people, especially those who need our assistance- those who are sick and lonely, the poor, the destitute, and the unemployed. Help us to reach out to those who are unjustly in prison, those who are exploited in their workplaces, the minors who are made to work in bondage, the chronically ill and helpless, mentally and physically challenged and all those who have no one to care for them. Put in our hearts a love for your word so that it may be for us a lamp for our feet and a light to our path. May Mother Mary whose heart rejoices at your resurrection pray for us that we may be faithful to you, we make this prayer for your love's sake, Amen.

Hymn: No one can give to me that peace which the risen Lord (Hymn No. 284)

Benediction:

Benediction Hymn: Let us bow in adoration

Blessings:

Reposition:

Repositioning of the Blessed Sacrament