

**HOLY HOUR OF ADORATION for the
SOLEMNITY OF CHRIST THE UNIVERSAL KING**

Instructions to Animators:

Please appoint different persons to lead the singing, to read the reading, and the prayers. Kindly read through the entire prayer sheet to get accustomed to the format and to time yourself.

Leader: Kindly stand and open your hymnals to Hymn as we sing together **The Lord is near...**

Hymn: The Lord is near to all who call on Him
 Rest in Him alone, rest in Him alone.

 He will guard your coming and your going
 He will be the one to guard your life.
 The sun will not harm you in the daylight
 And the Lord will watch you through the night.

 He has seen a thousand years go past Him,
 Swiftly as the morning fades to night.
 So come, let Him fill you with His wisdom,
 To number all your days aright.

Leader: **Opening Prayer** (*please repeat after me*)

Lord Jesus,/ we have come to spend this time with You./ We praise and worship You/ Christ our King/. You are the most powerful,/ awesome,/ magnificent God./ You and You alone/, are worthy of all praise./ Your Name has power,/ Your Name saves,/ Your Name gives confidence and hope./ We bring to You/ ourselves,/ our families,/ our communities,/ our parish/ and our world./ We welcome You as our King/, Our Lord,/ our Saviour./ We place all our hope/ and trust,/ in You,/ so that Your Kingdom of peace,/ and love,/ and justice,/ may flourish./ Amen!

Leader: Please be seated

Let us listen to a reading from the Gospel according to **Matthew 26: 26-27:**

“While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, ‘Take, eat; this is my body.’ Then he took a cup, and after giving thanks he gave it to them, saying, ‘Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins.’”

The end of the reading

Leader: At the Last Supper with the disciples, Our Lord repeated four things which he had done on other occasions i.e. when he fed the people with the loaves and fish. He took bread, blessed it, broke it and gave it. This was like his signature because the disciples on the way to Emmaus recognised the resurrected Lord with his action of taking, blessing, breaking and giving.

Today as we sit in prayer before Jesus, we reflect on these four words and how we can draw inspiration from them for our daily lives.

Applying “take” to our lives, we don’t mean grab, or steal. Instead, we’re using “take” in this way: We accept, we receive good gifts that are offered to us. We’re all good takers. We’re born that way. Conceived and nourished in our mother’s womb, many of us continue to receive the protection and love of our parents and guardians throughout childhood. We take an education. We take a job or career and many of us take a life partner, a spouse. All these are good gifts that we willingly receive.

To take means to receive from the Lord’s goodness. Because everything comes from God. Even Jesus the King was constantly taking, borrowing. Nothing was his own. The manger where he was born. The tomb where he was laid. The room for the last supper. The fish and loaves to feed the thousands. This was the paradox of his power. He lived on what he took.

As disciples of Jesus, we too are called to use what we receive because it belongs to God – our life, our family, our talents, our strengths, our weaknesses. Moreover we must realise that we too are taken from our sinful situations and used for God’s greater glory.

Let us spend a few minutes in silent reflection as we call to mind everything that we receive from the goodness of God... (Pause for at least 4 minutes)

Leader: (please repeat after me) *Lord/ we take so many things from you/We take/ so that we can live better lives/we take from the world of nature/we take from our family and friends/ we take from our relationships/we take/ and we learn to live/Bless our taking/ so that we can enjoy the richness /of knowing You as our Lord and Master Amen/.*

Leader: Let us stand and take the Hymn :All things bright and beautiful

Hymn: **All things bright and beautiful**
 All creatures great and small.
 All things wise and wonderful
 The good Lord made them all.

Each little flower that opens
Each little bird that sings
He made their glowing colours
He made their tiny wings

He gave us eyes to see them
And lips that we might tell
How great is God almighty
Who has made all things well.

Leader: Please be seated.

Next, we bless. In the New Testament, where Jesus blesses bread, he gives thanks to God for the bread. Having a thankful spirit, an attitude of gratitude, is one key to becoming a better giver. How are blessings given? Blessings in the Bible are spoken. They're verbalized. The two meanings of the phrase : "to bless". One is ascending/upward meaning ie it means to praise and thank . The other meaning is descending/ downward ie to give blessings . Jesus meant the former understanding. When we bless the Lord we mean we praise and thank God.

Saying a thank you means giving a blessing. It means that you are appreciating the giver. Jesus by blessing God was praising and thanking God. And indeed it is important to give praise and thanks to God for everything that we receive from him. We bless people when we speak words of comfort, words of faith, and words of thanks, to all who help us. The Eucharist is thanksgiving. So every time we celebrate the Eucharist we are thanking God for His numerous blessings...

As we sit before Blessed Sacrament let us call to mind everything that we are grateful for as we thank God and we also appreciate the people who bring us joy....(Pause for at least 4 minutes)

Leader: Let us now thank and praise the Lord for His numerous blessings on us.

Our response is THANK YOU LORD FOR ALL YOU'VE DONE, THINGS BOTH GREAT AND SMALL (*can be sung*)

1. For the gift of life, for the joys of family, for the comfort of a roof over our heads, for the company of friends, for the fulfilment of an occupation...altogether...
2. For the gift of our baptism, for the church to which we belong, for the Eucharist, for the priests, the religious, the animators, those who serve in the various ministries of our parish...altogether...
3. For the Holy Father, the Bishops, Priests and Religious, for those who impart the faith, for those who bring us closer to God...altogether...
4. For the water, for the food, for the refreshment and entertainment, for the transportation, for those who serve in public office, for those who clean our streets, for those who transact business...altogether...
5. For all the comforts we have, for the care and protection we enjoy, for information and communication, for the health we enjoy...altogether....
6. For the many things that we are blessed with and fail to remember...altogether...

Let us stand and sing the Hymn :What thanks O Lord, can I render Thee

Hymn: **WHAT THANKS O LORD, can I render thee**
 For all the gifts thou hast showered on me?
 Each day I'll sing of thy praise and glory allelu, alleluia!

Give thanks to the Lord upon the harp
With a ten stringed lute sing him songs,
O sing him a song that is new, play loudly with all your skill.

O sing to the glory of his name,
Say to God: How great are thy deeds!
Burnt offering to thee I will bring, to thee I will pay my vows.

Give thanks to the Lord for he is good,
Yes, eternal is his love
Though I walk in the midst of affliction, he stretches his hand to save.

Leader: Please be seated

Next, we break. When we think of Jesus breaking bread, we visualize what was whole being torn apart. How then does being broken apply to us?

Breaking is our willingness to move beyond self-interest. To break is to offer ourselves, to sacrifice ourselves for others. The body of Jesus was broken for others.

Breaking is not all dire, hard sacrifice however. With breaking comes restoration. When we share the broken bread in the Eucharistic meal, we proclaim Jesus' death and resurrection, until he comes in glory. Spiritually joined in Christ, we are broken for others, to be raised to a new life that we may share in Christ's glory. We offer our own brokenness with the bread that is broken.

When we come to the Eucharist, when we share fellowship, when we pray with each other, when we use our gifts and talents to help others and when we break off part of our incomes as our offering to the Church we are breaking ourselves for God's greater glory. And broken as we are, we can offer ourselves in service for the needs of others who are broken around us...

Let us reflect for a while on our own brokenness which we offer to the Lord to make us whole...
(Pause for 4 minutes)

Leader: (Please repeat after me): Lord God/ we offer you/ the brokenness of our existence/the pain we experience/ in betrayal/in taunts and teasing/in a breakdown of a relationship/in indifferent health/ in difficult situations/ in doubt and abandonment/. We know Lord/that You will never abandon us/instead you share/ the yoke of our burdens with us/Help us rise /to a better future in Your name. Amen/

Let us stand and take Hymn
Have thine own way Lord

Hymn: Have thine own way Lord,
Have thine own way
Thou art the potter I am the clay

Mould me and make me after thy will,
While I am waiting, yielded and still.

Have thine own way Lord, have thine own way
Search me and try me, Master today.
Whiter than snow Lord wash me just now
As in thy presence humbly I bow.

Have thine own way Lord, have thine own way
Wounded and weary help me I pray
Power all power surely is thine
Touch me and heal me, Saviour divine.

Leader: And, finally, we give. When we give, we become imitators of God, for God is the great giver.

Giving completes this four-word pattern of life. The take-bless-break-give pattern starts with taking. But in order for me to take, someone else first has to give. And giving we must do at all times. Giving off our time, our resources, our listening ear, our helpful hand, because the more we give the more graces we receive as God loves a cheerful giver! And Jesus constantly spoke of giving oneself in service, reaching out in love for whatsoever we do to the least of our brothers and sisters, we are doing it for God.

Let us spend a few minutes reflecting on what we can give, as disciples of Jesus... (Pause for 4 minutes)

As we offer what we would like to give, our response is: BLESS US O LORD

1. Lord, we offer our helping hands, our listening ears, our concerned voices, our broken bodies...
2. Lord, we offer our time, our talents, our resources, our readiness to be of service...
3. Lord, we offer our ideas, our initiatives, our goodwill, our energies and enthusiasm...
4. Lord, we offer our knowledge, our information, our skills, our desires and our hopes....

Leader: Let us stand and take Hymn: I give my hands to do your work

Hymn: I give my hands to do your work
And Jesus Lord I give them willingly
I give my feet to go your way
And every step I shall take carefully

**O the joy of the Lord is my strength, my strength
O the joy of the Lord is my help my help**

**For the power of His Spirit is in my heart
And the joy of the Lord is my strength**

I give my eyes, to see the world
And every one in just the way you do
I give my tongue to speak your words
To spread your name and freedom giving, truth

Leader: (*Alone*) Lord Jesus, we are your body in the world and just as you took the Bread, blessed it and broke it and then gave it, you do the same with every true disciple. First, you take us from our sinful situations and then you bless us -filling us with your Holy Spirit. You then take our broken bodies and sanctify us all, giving us to the needy as your servants, your mouth pieces to speak and do what you wants us to. Amen.

The benediction follows

FINAL HYMN AFTER BENEDICTION:

JESUS IS THE JOY of living
He's the King of life to me,
Unto Him my all I'm giving,
He's forever more to me.

I will do what He commands me,
Anywhere he leads, I'll go,
Jesus if the joy of living,
He's the dearest friend I know.

I have found a wondrous Saviour,
Jesus Christ, my soul's delight
Every blessing of His favour,
Fills my heart with hope so bright.

**PRAYERS DURING PROCESSION FOR THE FEAST OF
CHRIST THE KING**

*(Since the procession will be with the Monstrance, we must remember that the Rosary would be
an inappropriate prayer for the Feast of Christ the King)*

Hymn: I will sing of the mercies of the Lord forever, I will sing (2)
I will sing of the mercies of the Lord forever, I will sing of the mercies of the Lord.

With my mouth will I make known, thy faithfulness, thy faithfulness
With my mouth will I make known, thy faithfulness to all generations. (Ch)

Leader: As we accompany Jesus in prayer our response is **BLESS & PROTECT US**

Leader: Jesus our King and our Saviour... **BLESS & PROTECT US** (*Say this 10 times*)

Leader: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen

Leader: Let us sing together: **Jesus, you are my salvation**
 Jesus, you're my inspiration
 Jesus, you're the treasure of my life

Leader: Our response will now be **BLESS & PROTECT OUR FAMILIES**

Leader: Jesus our King and our Saviour... **BLESS & PROTECT OUR FAMILIES**

(*Say this 10 times*)

Leader: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen

Leader: Let us sing together: **Jesus, you are my salvation**
 Jesus, you're my inspiration
 Jesus, you're the treasure of my life

Leader: Our response will now be **BLESS & STRENGTHEN OUR PARISH**

Leader: Jesus our King and our Saviour... **BLESS & STRENGTHEN OUR PARISH**

(*Say this 10 times*)

Leader: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen

Leader: Let us sing together: **Jesus, you are my salvation**
 Jesus, you're my inspiration
 Jesus, you're the treasure of my life

Leader: Our response will now be **BLESS & SAFEGUARD OUR COUNTRY**

Leader: Jesus our King and our Saviour... **BLESS & SAFEGUARD OUR COUNTRY**

(*Say this 10 times*)

Leader: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen

Leader: Let us sing together: **Jesus, you are my salvation**
 Jesus, you're my inspiration
 Jesus, you're the treasure of my life

Leader: Our response will now be **BLESS & INSPIRE OUR YOUTH**

Leader: Jesus our King and our Saviour... **BLESS & INSPIRE OUR YOUTH**

(*Say this 10 times*)

Leader: Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen

Leader: Let us sing together: **Jesus, you are my salvation**
 Jesus, you're my inspiration
 Jesus, you're the treasure of my life

Leader: Our response will now be **BLESS & GUARD OUR CHILDREN**

Leader: Jesus our King and our Saviour... **BLESS & GUARD OUR CHILDREN**

3. And when I see thee, so poor and hungry...
4. I know that Mary will guide my footsteps...