

## FIRST FRIDAY HOLY HALF HOUR

**FIRST FRIDAY:** January 2, 2015

**Title for Reflection:** Saving Power of the Eucharist

**Opening Hymn:** All the nations of the earth or We are here to Praise you or any suitable hymn

**Leader: (Introduction):** Our faith teaches us that what we proclaim in the Eucharist, Christ's death and resurrection, is also made present in that very action by the power of God's love and saving grace. This is the heart of our faith in the sacrament we call the Eucharist, the holy sacrifice of the Mass, the real presence of Christ.

The Eucharist is at the heart of the Church's life. In the celebration of this mystery of faith, Christ himself is present to his people. Rich in symbolism and richer in reality, the Eucharist bears within itself the whole reality of Christ and mediates his saving work to us. In short, when the Church gathers in worship of God and offers the Eucharistic sacrifice, not only is Christ really and truly present under the appearance of bread and wine, but he also continues his saving work of our salvation.

Let us during this holy half hour pray for the grace to partake actively in every Eucharistic Celebration which is the most powerful Sacrament that brings us healing and restoration through the saving power of Christ.

### **Exposition of the Blessed Sacrament:**

**Leader:** Call for silence (*Silence for atleast 2 mins*)

**Scripture Reading:** (*1 Jn 2:22-28*)

**Reflection:** (*short homily based on the reading or reflection below*)

In today's reading from the Letter to St. John we are told that the Spirit of God uses the inspired Word of God to communicate God's truth to us. False doctrine and false living go hand in hand. Hence as Christians we are called to believe the truth and commit ourselves to it.

In our journey toward the Eucharist we need to continue to re-dedicate ourselves to living holy and acceptable lives despite all the challenges we face. Christ's saving grace which is still at work in and through the Eucharist guides in this journey and gives us the grace to remain steadfast in his love.

**Hymn:** All over the world the Spirit is moving or any suitable hymn

**Leader:** Father we bring before you our petitions in deep faith knowing that you will answer the prayers we make. Our response is...

**Response: Lord, hear our prayer.**

1. For the Holy Catholic Church, for Francis our pope, our bishop, and for all bishops, priests, and deacons, who help us to keep showing Christ's tenderness and care to all of God's Creation, *we pray to the Lord.*
2. For all the sick and suffering, the homeless, the unemployed, those suffering from addictions, and anyone in any kind of distress, *we pray to the Lord*
3. For those whose lives are closely linked with ours, that we may serve Christ in them, and love one another as Christ loves us, *we pray to the Lord.*
4. For people in churches and those of other faiths will find ways to make God's love alive and active, by supporting people, other creatures and ecosystems that are in trouble or at risk in our world today, *we pray to the Lord.*

**Leader:** Hear, O Lord, the prayers of your faithful people we make in Jesus's name. AMEN.

**Benediction Hymn: Let us bow in adoration**

**Divine Praises:**

**Concluding Hymn:**

## FIRST FRIDAY HOLY HALF HOUR

**FIRST FRIDAY:** February 6, 2015

**Title for Reflection:** Eucharist our light and salvation

**Opening Hymn: Jesus you are my salvation or any suitable hymn**

**Leader: (Introduction):** The Eucharist as a mystery of communion is for the salvation of the world. The Eucharist is, moreover, the summit of the sacramental journey because it synthesises and refers us to the different stages of sacramental living: baptism, confirmation, reconciliation, matrimony. By means of these Christians express their incorporation into the mystery of Christ and his Church. Through this the Eucharist involves the whole Church and every Christian, as members of Christ's Mystical Body, to become not only more deeply identified with Christ, but also committed to the task of evangelising others.

Let us during this holy half hour pray for the grace to partake actively in every Eucharistic Celebration which is the most powerful Sacrament that lights up our life and brings us complete wholeness.

**Exposition of the Blessed Sacrament:**

**Leader:** Call for silence (*Silence for at least 2 mins*)

**Scripture Reading:** (*Hebrew 13:1-8*)

**Reflection:**(*short homily based on the reading or reflection below*)

In today's reading from the Letter to the Hebrews we are told that acceptable worship does not find expression solely in ritual acts in the assembly or sanctuary. It infuses all of life. Thus in our love for each other or for strangers or in our care for those in crisis, we are worshipping God. In our sharing that reflects our trust in God rather than possessions, we are worshipping God. In our faithfulness to our covenants and to the example of those who have gone before us, we are worshipping God.

We embody this way of life, not on the basis of our guilt or in any effort to secure God's favour, but because God's grace transforms and empowers us. Jesus, whose constancy knows no end, has opened for us a new way to God so that we may approach God's throne with confidence. In response, during the Eucharistic Celebration we offer both our praise and the witness of all of our lives with thanks and praise.

**Hymn: O Lord I am not worthy or any suitable hymn**

**Leader:** Aware that Christ alone is our true light and our salvation, let us present our prayers, interceding for all in need, as we respond, Lord, hear our prayer.

**Response: Lord, hear our prayer.**

- 1.For Pope Benedict, our Bishop N., and all the ministers of the Church, that their preaching and example may encourage the faithful to stand firm in their beliefs as witnesses of the Gospel, *we pray to the Lord.*
- 2.For those discerning God's call in their lives: may they be open to listen to the Lord's voice and find support to say 'yes' to his invitation to serve freely in love, *we pray to the Lord*
- 3For the many ministries of the Church that reveal God's power and love to the world, especially our educational institutions, health care facilities, community centers, and charitable services: may they enjoy full protection to fulfill their mission, *we pray to the Lord.*

4. For the sick who long for healing, for the dying, and for those called to heal and comfort the sick and suffering: may they be free to follow their faith, while fulfilling their professional duties, *we pray to the Lord.*
5. For all of us who gather in prayer, trusting in God's grace to save: may we, through the gifts of the Spirit, have the wisdom to know God's will and find courage to stand up in witness to his love, *we pray to the Lord.*
6. For those who have died and for all who grieve and mourn their passing from this life: may the promise of resurrection for the just give hope to all, *we pray to the Lord.*

**Leader:** Hear, O Lord, the prayers of your faithful people we make in Jesus name. AMEN.

**Benediction Hymn: Let us bow in adoration**

**Divine Praises:**

**Concluding Hymn:**

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## FIRST FRIDAY HOLY HALF HOUR

**FIRST FRIDAY: March 6, 2015**

**Title for Reflection: Remember the marvels the Lord has done.**

**Opening Hymn: What marvels or any suitable hymn**

**Leader: (Introduction):** Wonder and amazement are ordinary reactions to extraordinary events, whether feats of strength, demonstrations of remarkable intelligence, or outstanding achievements in various fields. But in Scripture the reactions to miracles often move people to glorify God, to sense the presence of the divine, to be filled with awe before the mystery of God's mighty deeds. In these cases, wonder and awe are preludes to faith for many people. When the miracles are seen to be revelations of God's power and mercy, they are also perceived to be invitations to a faith relationship with the Lord.

The celebration of the Eucharist at Mass and the adoration of the Eucharist in exposition are meant to be dignified events that deepen our appreciation of the Real Presence of Jesus. These Eucharistic moments are occasions of grace that seep into our souls drop by drop over many days, weeks, and years. Let us during this holy half hour pray for the grace to have a personal encounter with Christ present in the Eucharist and marvel at the reverence and communal awe that solicits ever deepening wonder, amazement, and faith.

**Exposition of the Blessed Sacrament:**

**Leader:** Call for silence (*Silence for at least 2 mins*)

**Scripture Reading:** (*GN 37:3-4, 12-13A, 17B-28A*)

**Reflection:** (*short homily based on the reading or reflection below*)

In today's reading from the Book of Genesis there is a strong parallel between the stories of Joseph and Jesus made in today's readings. In both cases the words quoted from Psalm 118 apply: "It was the stone rejected by the builders that became the keystone."

The story prepares us for the coming of Jesus, who is clearly the son in the parable which features in today's Gospel. Jesus, too, was a man of 'dreams', with a vision of life which was rejected by many close to him. He, too, was sold into the hands of enemies only, precisely because of that, to become the saviour of his own people. Both Joseph and Jesus are, in the words of Psalm 118, the "stone rejected by the builders that became the keystone."

**Hymn: I just keep trusting my Lord or All to Jesus I surrender or any suitable hymn**

**Leader:** Hear our prayers, O God, as we place our needs before you, as we respond, Lord, hear our prayer.

**Response: Lord, hear our prayer.**

1. For the Church: during this holy season of Lent, that we testify to Christ by suffering and rejoicing in him always, *we pray to the Lord*

**Response: Lord, hear our prayer.**

2. For our Holy Father, all bishops and clergy: that they may reflect the love and compassion of Christ and draw their people ever closer to Him, *we pray to the Lord*

**Response: Lord, hear our prayer.**

3. For peace throughout the world: that God will inspire all world leaders with new insights to establish peace and good order in the world, *we pray to the Lord*

**Response: Lord, hear our prayer.**

4. For families who are grieving, may they continue to find comfort and peace in the Divine Saviour, *we pray to the Lord*

**Response: Lord, hear our prayer.**

5. For our parish community: that through the reflections of lent, we may recognize the depth and quality of love that we have for spouses, family members, and all who are significant in our lives , *we pray to the Lord*

**Response: Lord, hear our prayer.**

**Leader:** Hear, O Lord, the prayers of your faithful people we make in Jesus's name. AMEN.

**Benediction Hymn: Let us bow in adoration**

**Divine Praises:**

**Concluding Hymn:**

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