

FIRST FRIDAY HOLY HALF HOUR



For the third quarter 2013 - July, August, September

Written by
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for the
Archdiocesan Liturgy Committee

Friday, 5th July 2013

Divine Mercy flows from the Blessed Sacrament

Introduction:

The revelation of the Sacred Heart of Jesus to the world, through his chosen servant Josefa Menendez, tells us the following: “I desire that the whole world recognize in the Blessed Sacrament, a God of mercy and love. I wish that everywhere My desire to forgive and save souls should be read and not even the most wretched be kept back by fear . . . nor the most guilty fly from Me . . . Let them all come to Me in the Blessed Sacrament. I await them with open arms to impart life and true happiness to them. Poor sinners, do not turn away from Me . . . Day and night I am on the watch for you in the Tabernacle. I will not reproach you. I will not cast your sins in your face. But I will wash them in my Blood and bury them in my Wounds. If you but knew how dearly I love you.”

The Holy Eucharist is the invention of love; yet how few souls correspond to that love which spends and consumes itself for them.

[Pause to silently adore and worship Jesus in the Blessed Sacrament]

[Hymn to be sung softly: Jesus You are my Salvation: Joyful Celebration n. 222]

Prayer Reflection: *(To be prayed articulating each word slowly and with regular pauses)*

O God infinitely holy! Father, infinitely merciful! I adore you. I long to expiate the insults heaped upon you by sinners all over the world, and at every moment of the day and night. Would that I could at least repair for those being committed at this hour. O my Father, I offer You all the acts of adoration and reparation made by souls

who love You. Above all, I offer You, Your divine Son. Immolated on the altar in every corner of the world . . . O Father infinitely good and compassionate, accept Jesus' pure Blood in reparation for all the outrages committed by mankind. Wipe out their sins and have mercy on them."

Scripture Text: Romans 5:6-11 [significant silent pause to reflect on Sacred Scripture]

Meditation on the 4th Apparition:

- In the 4th apparition, Jesus complains to St. Mary Margaret Alacoque: "In return I receive from the greater part of humanity nothing but ingratitude by the irreverence, sacrilege, coldness and indifference, with which they treat me in the Sacrament of Love."
- Consider the ingratitude and indifference of people toward the Eucharistic Saviour. So many people forget Jesus. Is He no longer lovable? Has he ceased to love them? He has made Himself so little, so humble, so much like nothingness. There are those who unable to ignore Him, do not hesitate to insult, abuse and deny such a good and kind Master. They rebuke his excessive Love for humankind.
- This is your mission, O adorers: to weep spiritually at the feet of Jesus because he is so despised by His own, crucified again in so many hearts and abandoned in so many places. Our mission is to console Him, and to beg forgiveness for ourselves and for all mankind. Jesus told Margaret Mary: "You are to receive me in the Blessed Sacrament as often as you can and on the First Friday of every month as a Communion of Reparation."

Personal Application:

- Does the irreverence and coldness of people towards Jesus affect me in a way that moves me to do something in reparation?

- To what extent can I measure my reverence, every time I find myself in the presence of Jesus in the Blessed Sacrament?
- Which are the ways I can make reparation for the coldness and indifference that is shown to Jesus?

[Pause in silence]

Prayer Response:

Resp. We believe and adore you, Lord Jesus

1. You teach us to know the Father: no one can know the Father except the one to whom you reveal him.
2. You are the Way the Truth and the Life: no one comes to the Father except through you.
3. You are the Son of man raised up on the Cross: he who believes in you does not die but has eternal life.
4. You are the Good Shepherd: you know each one of your sheep and you give your life for them.
5. You are the vine and we are the branches: if we abide in you and you in us, we will bear much fruit.
6. You are the resurrection and the life: anyone who believes in you, even if he dies, will live; he who lives and believes in you will not die forever.

O Lord in the Eucharist, you give us every day the sign of your absolute love. Grant that we may learn from you to sacrifice our life so that others may have true life. May we find joy in bringing those who are far from you, back to the embrace and warmth of your Sacred Heart that eagerly awaits their return. You who live and reign forever and ever. Amen

Benediction follows. Appropriate Hymns could be taken.

Friday, 2nd August 2013

“It is good to be here!”

Introduction:

“How good it is for us to be here!” This is what Peter said to the Lord when Jesus was transfigured in glory on Mount Tabor [Feast 6th August]. Everyone who comes to spend time before Our Lord in the Blessed Sacrament would do well to have this attitude. We are as blessed as Peter, James and John, who witnessed Jesus’ Transfiguration. Here we have the transfiguration in reverse. Jesus conceals his glory, becomes lowly in appearance, that we become rich in grace. Jesus transfigures us with his grace and presence so we can go out as grace filled persons.

[Pause to silently adore and worship Jesus in the Blessed Sacrament]

Prayer Reflection: *(To be prayed articulating each word slowly and with regular pauses)*

All praise, glory and honour to You, Jesus, personally present and fully alive in the most Blessed Sacrament, where all who are thirsty come and drink from the fountain of salvation.

Although we do not see you, with the senses, I believe in You in the light of faith, rejoicing in Your true Presence, for here You welcome me with open arms and loving Heart and with words first spoken long ago: “Blessed are they who have not seen and have believed!”

Without seeing You, Jesus, I love you here in the Blessed Sacrament, for your presence here tells me that with all your heart You love me.

Keep me faithful to your teachings, loyal to Your Church, obedient to Your Pope, Francis, for You have given full authority to Your Vicar on earth.

[Hymn to be sung softly: Jesus my Lord, my God: Joyful Celebration n. 221]

Scripture Text: 1 Peter 1:6-10 [significant silent pause]

Meditation: The Real Presence

Our Catholic Church offers us the greatest treasure on earth – the ever abiding real presence of Jesus in the Tabernacle. Of course it requires from us a deep sense of faith to recognize and appreciate this exquisite privilege of spending priority time with Jesus. As our faith increases so does our desire to “make time” to be there at every opportunity when there is Eucharistic Adoration; as well as to be with Jesus in our Adoration Chapels. Scripture calls us “to rejoice with inexpressible joy . . . because you achieve your salvation in him”. On Mt. Tabor Peter “was frightened as he did not know what to say . . .”

Personal Application

- What is my personal attitude towards the Eucharistic Jesus every time I come to adore?
- Do I find difficulty in what “to say” and what “to do”, during the time I give to Adoration?
- What helps me to feel transfigured each time I have to “go down the mountain” after time spent with Jesus”

I will always make these precious moments the best part of my day.
[Silent pause]

Prayer Response:

Resp: Lord, you are the Bread come down from heaven, the bread of life.

1. I am the living Bread which came down from heaven; if any one eats of this bread, he will live forever.
2. He who eats my flesh and drinks my blood has eternal life, and I

will raise him up at the last day.

3. As I live because of the Father, who sent me to you, so he who eats me will live because of me.
4. Your fathers ate the manna and yet they died. He who eats this bread will live forever.
5. My flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me and I in him.

O Lord you alone are the bread of life and of hope. Grant that, nourished by you in Holy Communion and strengthened through the moments spent in your Presence, we may become bread of life and hope for all those we meet in our daily life. You who live and reign forever and ever. Amen.

Benediction follows. Appropriate Hymns could be taken.

Friday, 6th September 2013

“Loving Jesus with the Heart of Mary”

Introduction:

No one wants to see Jesus more loved in the Blessed Sacrament than Mary, His Mother, because no one has seen Him more unloved and rejected than Mary when she stood at the foot of the Cross. Together with Jesus we contemplate the wonder of God’s plan of salvation, when from all eternity He willed that the birth of Mary should herald the dawn of fulfilment of the great Promise of salvation. (8th September). We read in Genesis 3:15, the words said to the evil one, “I will make you enemies, you and the woman, your offspring and her offspring. He will crush your head and you will strike his heel.” And again in the letter to the Galatians 4:4, “When the fullness of time had come, God sent His Son. He came born of woman . . . that we might receive adoption as children of God.”

[Pause to silently adore and worship Jesus in the Blessed Sacrament]

[Hymn to be sung softly: Lord, You are my Everything: Joyful Celebration n. 258]

Today, we shall meditate on the mysteries of the Rosary in front of Jesus in the Blessed Sacrament, as we offer to Jesus the perfect adoration of Mary. The twenty mysteries are related and centred on the one focal mystery of our faith, the Holy Eucharist, where “the work of our redemption is accomplished.” We shall accompany Jesus as Mary did, through the five Sorrowful Mysteries of the Rosary.

1. **The Agony in the Garden** *“My heart is filled with sorrow to the point of death. Could you not watch one hour with me?”* [Mk 14:34]

Jesus appealed to his apostles for an hour of prayer when He

took them into the garden of Gethsemane. As He started to pray He began to sweat blood. He saw down through the ages how He would be left alone, spurned and avoided by people in so many tabernacles of the world, while he comes to bring so much love and so many blessings. *[Pray a decade]*

2. **The Scourging at the Pillar** *“He was pierced for our offences, crushed for our sins, upon Him was the chastisement that makes us whole, by His stripes we are healed”* [Is 53:4]

The Eucharist flows from the Lord’s Passion. He was willing to be beaten at the pillar, broken in Heart and crushed in humiliation for He said, “The Bread I will give is my flesh for the life of the world.” When Jesus came before Pilate, the people preferred a hardened criminal, because they failed to recognize God in human form, as today so many fail to recognize the Presence of Jesus in the form of the Sacred Host. *[Pray a decade]*

3. **The Crowning with Thorns** *“When Jesus came out wearing the crown of thorns . . . Pilate said to them: “Behold the man!”* [Jn 19:5]

We meditate on the crown of thorns not only around the head but also around Jesus’ Sacred Heart. There He suffers the pain due to the ingratitude of the world toward his love in the Eucharist. “Behold this Heart which has loved so much and yet which is so little loved in return!” *[Pray a decade]*

4. **Jesus carries His Cross** *“Anyone who does not take up his cross and follow me cannot be my disciple.”* (Jn 14:27)

Jesus kisses and embraces His Cross for love of us. We are never given more than we can carry or bear; and as Simon of Cyrene helped

Jesus carry his cross, so Jesus Himself helps us to carry ours. Jesus falls on his way to Calvary to teach us never to get discouraged. He can make a divine success out of all our failures. *[Pray a decade]*

5. The Crucifixion and Death of Jesus *“When I am lifted up from the earth, I will draw all to myself, says the Lord.”* (Jn 12:32)

There is nothing more that Jesus can give us than the complete gift of Himself in this Holy Eucharist which is all that He has and all that He is. He gave up His body on the Cross for love of us that He may give His body to us in the Holy Eucharist that we may be one with Him forever in everlasting glory. *[Pray a decade]*

[Spend a significant time in personal meditation and prayer]

Formed by Divine teaching, we now say: Our Father

Lord Jesus as you were raised on the Cross, your mother Mary stood below, sharing your sufferings. May your Church be united with you in your suffering and death, and so come to share in your rising to new life, where you live and reign with the Father and the Holy Spirit, one God, forever and ever. Amen.

Benediction follows. Appropriate Hymns could be taken.



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