

# FIRST FRIDAY HOLY HALF HOUR - APRIL 2019

## LENT - The Sacred Grace

EXPOSITION OF THE BLESSED SACRAMENT

[silence]

**Hymn:** Be Still and Know [Joyful Celebration no. 56]

[Silence]

### Opening Prayer:

Lord Jesus, I thank you with all my heart for having given me this opportunity to be before you. I hardly find the time to think of your sacrifice and this is the reason for so much of my unhappiness. I feel I am misunderstood, lonely, little loved, humiliated and abandoned- YES I feel all this and When I look at you, I realize how little I suffer in comparison with you. Touch my life, cast your shadow and shield me from my own pride, selfishness, egoism, arrogance, ignorance and ambitions. Lord help me to draw the sense of repentance and set me free from my sins. In these moments of silence, when I cannot pray in words, help me to gaze humbly at you, so that it may be imprinted on my heart and bear fruit in my life. Amen. [Silence]

**HYMN:** When I look into your holiness [ Joyful Celebration no. 453]

[Silence]

**SCRIPTURE READING:** Phillipians 3:10-11 To be proclaimed from the Bible [Silence] 5 mins

**Reflection:** [Leader] Suffering is hard. Let us ask the Lord to help us realize that He is at work in us. It takes eyes opened by the spirit to see that God uses our suffering to conform us to the image of CHRIST. Holding our identity with Christ more dearly than our personal things in life will bring more closeness and intimacy with our Lord. We have to open ourselves and bring about changes that will be permanent and spiritually renewing for ourselves and others. Resist in order to gain and treasure Christ above all things. . "Put on new self and render our hearts".

[Leader]\* *Quieten yourself .....Reflect prayerfully [on each sentence] At each point kindly keep a minute silence for reflection.*

- Have I truly been the person God has `called me to be?
- Have I spent one on one time and grown closer to Jesus?
- What could I have done better to grow and deepen my relationship with my Lord?
- How might I do things differently in the future to help that relationship deepen?
- Have I treated others the way I should have been treated? Am I Happy?
- Am I ready to share, to return, to discover the fulfillment of my Christian beginnings through generous, loving and humble service.

**Hymn:-** Let the Lord have his way [Joyful Celebration no. 241]

**[Leader]:-**As Christians our focus ought to be purely on Christ. We need to die to the world of sin and temptation, so we can be fully transformed. Faith alone saves, and fellowship with Christ is all that highly matters. . We ought to look forward to an eternity with our dear Lord.  
[Silence]

**INTERCESSION:**

**[Leader]:-** The Lord is the giver of graces. We now turn to him in humble prayer.

*Our response: Lord, in your mercy hear our prayer. ...[kindly repeat]*

1. For our Pope Bishops, Priests and Religious: Lord you have chosen and called them, bless them with your saving grace; we pray to the Lord... [R]
2. For Christians everywhere, that when faced with trials and difficulties in living their faith, they may find courage and strength to stand firm and persevere; we pray to the Lord.... [R]
3. For all our parish members: be inspired to change the way we live. Work through us as we try to bring about change in our own lives and throughout the world; we pray to the Lord.... [R]
4. For all of us gathered here: that we overcome our inner conflict, be aware of the poor and homeless and be lead towards healing and building broken relationships; we pray to the Lord...[R]
5. We also pray for the forth coming elections to be held in our country; we pray to the Lord
6. Pause to pray for personal needs.....we pray to the Lord...[R]

**FINAL PRAYER:** Where your love resides, there is wholeness, where your peace inhabits, there is harmony, where your spirit lives, there is freedom. Infuse our lives with all that is good and pure and holy. We come to you as people in need of assurance, forgiveness and healing. Enfold us in your arms, bind us together, one people, one body and help us hear your voice. We pray for confidence to share and proclaim your word and enable us to know you more. Bless us in the understanding of your word. You are everything we desire, the everything we do not deserve. We pray that you grant us wisdom, knowledge, fullness of

grace and your peace that overcomes our pride. May our hearts receive, our mouths proclaim and our hands prepare for service. Take our mustard seed of faith and let it grow, take root and blossom in our hearts and lives. Raise us to new life and new ways of service. Amen.

**Hymn:** I now no longer live [Joyful Celebration no. 190] or I have decided to follow Jesus [Joyful Celebration no. 188]

**BENEDICTION FOLLOWS:**

**FINAL hymn:** O SACRAMENT MOST HOLY,  
O Sacrament Divine,  
All praise and all thanksgiving,  
Be every moment Thine.(3)

*Written by  
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