

# FIRST FRIDAY HOLY HALF HOUR - MAY 2019

## Pray without ceasing

EXPOSITION OF THE BLESSED SACRAMENT [silence]

**Hymn:** Pray without ceasing for this is the will of God.....

In everything give thanks for .....

### Opening Prayer:

Jesus, we gather here in your presence to praise and thank you for the gift of your love in our lives. As we share this time together we ask that you open our eyes and hearts to your mission of love and service to those most in need. As we spend this time before your sacramental presence, fill us with your joy and peace. My Jesus: You are my Life, my Hope, my Treasure, my soul's only Love. **pause**

My Lord Jesus Christ, I believe that you are really here in this sacrament. You call, you welcome everyone who comes to visit you. Unimportant though I am, I adore you. I am here before you today to thank you for all the precious graces showered on me and my family. I thank you especially for having given me yourself in this sacrament, for having asked your own Mother to mother me, for having called me here to talk to you Amen. [Silence]

**HYMN:** Blest be the Lord [ Joyful Celebration no. 68- 1v & 3v]

**Scripture Reading:** - 1 Thessalonians 5:17-18 [to be proclaimed from the Bible] [Silence]

**Reflection:** To pray is to talk to God. What would we like to talk to God about? About Him, about yourself; joys, sorrows, successes, and failures, daily worries, weaknesses and acts of thanksgiving and petitions: and Love and reparation. In short, to get to know Him and to get to know yourself. Prayer is simple, it is a cry of gratitude and love in the midst of trial as well as joy; finally, it is something that unites us to Jesus. Prayer is the place of refuge for every worry, a foundation for cheerfulness, a source of constant happiness, a protection against sadness. When you don't know how to pray, put yourself in the presence of God. Speak to Jesus not only with your lips but with your heart. Surrender with thanksgiving. *"Prayer is the inner bath of love into which the soul plunges itself."* - Saint John Vianney. [Silence]

*(The leader will lead the faithful to a time of quiet prayerfulness. Have all sit comfortably looking at the Blessed Sacrament/ eyes closed. Kindly **pause as and when required**)*

- Imagine a special place for yourself in the heart of Jesus. Imagine how Jesus' love for you feels.
- As you imagine this, ask the question, "What does Jesus want to tell you?" "What do you want to tell Jesus?"
- God is the source of all the blessings in our lives. "All that we are" and "All that we have" are gifts from God.
- We may use and share our God-given gifts in loving service to help build God's kingdom.
- We may have the perseverance to follow Jesus and his teachings in all aspects of our lives.
- Do we seek to develop our awareness of God, develop our relationship with the poor and bear witness by acts of kindness in the spirit of Christ?

- We receive the gift of the Eucharist to help us move from faith to action as the hands of Christ. Do we live a life that gives witness to the fact that we are the hands of Christ?
- As you rest, think about yourself in the hands of Jesus. How does Jesus want you to use yourself?

..... (After some time have them all open their eyes).....

**Hymn:-** It takes courage [Joyful Celebration no. 213]

[Leader]:- As we read the Word of God and pray, we often find the words reflect what is happening in our own life that very moment. Through **unceasing prayer** we acknowledge our continual dependence upon God and remain in communion with the Father. This surely helps us to receive the graces we need to serve Christ. Let us pause in silence and listen as the Lord speaks to us. [Silence]

## INTERCESSIONS

[Leader] :Trusting in God’s providence, we place our Prayers before Him.

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

1. That the hearts and minds of those called to serve the Lord as priests, deacons and in the consecrated life, will not be lacking in any spiritual gift, but will continue to be enriched in Christ; we pray to the Lord...
2. That all Catholic families will abide in the Lord as branches on His vine, cultivating in their children the desire to love Him in truth and action; May it also inspire some to take up the vocation as priest, religious or consecrated life; we pray to the Lord....
3. For our parish family that each one of us may give generously of ourselves and our gifts for the mission of the Church. May our service be an expression of gratitude for what God has given to us; we pray to the Lord...
4. For all of us gathered here, that our actions will demonstrate our gratitude to God for the gift of salvation and eternal life; we pray to the Lord...
5. May we follow the example of the Blessed Mother and open our hearts to follow the message of God without measuring the personal cost or profit; we pray to the Lord...
6. Silent prayer for those intentions we hold in our hearts ...**Pause** ...we pray to the Lord...

## **FINAL PRAYER**

God of love and tenderness, Take me as I am, with my defects, with my sins, but let me become what You wish me to become. I turn to you today to give thanks for all the precious graces. Together with Mary, help me in every decision I take. Direct my steps along the path of goodness. Jesus, teach me to be signs of your love and peace. Help me to recognize the face of Jesus in the poor, and to live out my vocation to bring love and justice to your people. Give me wisdom and generosity to build a society that cares for all. Through the Holy Spirit, you inspire us to transform our world, and empower us to seek the common good for all persons. Fill me with a spirit of solidarity to make us all one human family. I make this prayer through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God forever and ever. Amen

## **SILENCE**

## **BENEDICTION FOLLOWS**

**FINAL hymn:** Sweet Heart of Jesus, fount of love and mercy, ....

*Written by  
Ms. Ramona Mendes  
for the  
Archdiocesan Liturgy Committee*