



07 October 2022

Holy Hour

“I am the light of the world. Whoever follows me will never walk in darkness...” John 8:12)

Hymn: No.122. Father, We Adore You. (*Joyful Celebration*) or any other appropriate one.

Introduction: For our Holy Hour, today, we shall reflect on Jesus the Light of the world and our Christian call to radiate his light; keeping in mind Diwali the coming Indian festival of Light. We associate light with God, as did our Jewish ancestors in the faith and most religions of the world does. A burning Bush and a Pillar of Fire were signs of God's presence in the Old Testament. The Psalmist spoke of God as light: *“The Lord is my light and my salvation”* (Ps 27:1) and prophet Isaiah declared, *“The Lord shall be your light forever”* (Is 60:19). Human beings have a natural love for Light because life is unimaginable without the light. Jesus is the perfect symbol of Light. Light reveals all hidden things in the dark: Jesus reveals the truth about God, about life, our origin, and our final destiny. Light is vital for growth and life: Jesus brings us everlasting life. Light dispels darkness which stands for evil: Jesus conquered the darkness of sin and death. A flame of light can dispel enormous darkness around but darkness can never overcome the light. We pray that our inner light be lit so that through us the world sees clearly what is right and wrong, good and evil.

(Pause... for Moments of Silent and Personal Adoration before the Eucharistic Lord)

Prayer:

Jesus our Eucharistic Lord, you are true light and source of all light, with you there is no darkness. In you, we have been born again as sons and daughters of light. Help us to follow your light and live the truth every moment. May our lives mirror our love for you, whose death and resurrection has brought us life. Transforming God, your light penetrates to the darkest corner of our being and your love brings wholeness, we ask that you sustain us as we strive to reflect your light in our world darkened by wars, sicknesses and poverty. Bring your hope to the hearts that feel defeated by the powers of darkness. Bring your love and comfort to those in pain and sorrow. Lord, give us hope and forgiveness when we feel hopeless and angry. And guide our every step as we choose to walk daily towards your light. Amen.

Hymn: No. 363. Spirit of the living God fall afresh on me. (*Joyful Celebration*)

Scripture Reading: *John 8: 12-16*

(Pause for few moments of Silence after the scripture reading)

Reflection:

We refer to Jesus as our light. St John begins his Gospel with “*the true light, which enlightens everyone, was coming into the world*” (John 1:9). In the Nicene Creed, we call Jesus “*Light from Light.*” Our greatest celebration, the Easter Vigil, opens by lighting a Paschal Candle from New Fire and acclaiming the Light of Christ. Light plays a foundational role in creation. Ever since God made light, energy from light has fuelled life on our planet. The Earth’s ecosystem depends on light from the sun. So, spiritually, light is often seen as a symbol of life that comes from a benevolent Creator who cares for His creation. Light is also associated with wisdom. The word “enlighten” means to give knowledge or understanding (especially spiritual insights) to someone.

When we are inspired by new creative ideas, we say that we can look at it “in a new light.” Spiritually enlightened persons have the wisdom to choose truth over deception, good over evil. Jesus calls us too, the ‘*Light of the world*’ (Mt 5:14) However, it is obvious that our light is not self-generated, but reflected. As long as we walk in the light of Jesus, allow his goodness to illumine us and let his truth shine through us, we give light. Not that Christ cannot enlighten the whole world by himself; but it is His gracious will to shine through us.

Light by nature is more powerful than darkness. It transforms all its surroundings. Light both illuminates and warms. People move towards Sunlight to see better and to get warmth. Likewise, the children of Light warm people’s hearts and lives; leading them in harmony with God and with our fellow being.

(Pause for examination of conscience in the light of the Gospel and the reflections)

Do I align myself sufficiently with the Light so as to reflect and give light?

What are the specific areas where I am called to be Light in my family, workplace and the Society/ Nation at large?

Do I often/sometimes put my light under a bushel of compromise, cowardice, apathy, indifference or inconstancies?

Hymn: No 15. A lamp for our steps has been given. (*Joyful Celebration*) or any other appropriate hymn.

General Intercessions:

Leader: God our Father, you invite us to walk in your light and become lights to the world, hear the prayer of your children who call out to you in our needs.

Response: Lord, hear our prayer.

We pray that the light of hope shine in the darkness of despair for refugees and all those displaced by wars, natural or man-made calamities. Dispel the darkness of poverty in a land of plenty crushing the hopes of children from every background. We pray to the Lord.

Lord, in the busyness of today, help us to take a moment to be still in your company; to slow down, breathe deeply, and be recharged from being with you. We pray to the Lord.

Lord help us to see the plight of others, to hear the sighs of need, the howls of pain, the cries of despair, and to respond, always, in the love and joy of you and be the Light. We pray to the Lord.

Closing Prayer: O, Author of light; Creator of all that is good, perfect, holy, and right, help us to keep our gaze fixed steadily on the light of your divine Presence, lifting us above all that overwhelms us. Lord, only when we walk in your light can we see the humanity of brothers and sisters of every race and background. It is only in the brilliance of your loving Presence that we can entertain the reality that all humankind is birthed out of one man and woman, Adam and Eve. Give us the strength today, Lord God, to build authentic bridges that remove every barrier to human flourishing, made possible only by the shed blood of our Lord and Liberator, Jesus Christ. In your mighty and precious name, we pray. Amen.

The Divine Praises: Page no 14. (*Joyful Celebration*)

Closing Hymn: No. 333 Put on the armour of Jesus Christ (*Joyful Celebration*) or any other appropriate hymn.

-Commission For Liturgy
Archdiocese of Bombay.