



**02 December 2022**

**HOLY HOUR**

*(Keep awake therefore, for you do not know on what day your Lord is coming. Mt 24:42)*

**HYMN:** no. 355. Sing Praise to the Living God. *(Joyful Celebration)* or any other appropriate one.

**LEADER:** Every time we adore the Lord Jesus in the Most Blessed Sacrament, grace is poured out on the world and He is drawing people to Himself. We are bringing JOY to the Heart of God by returning our little love to Him and we are helping to save souls. St Peter Julian would say, *“Look upon the hour of adoration assigned to you as an hour in Paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart.”*

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

**INTRODUCTION:**

Every day of our life involves a mix of waiting, be it the doorbell of an expected visitor, or the emotion wrapped around the wait for the birth of a child. The wait and anticipation can be one of joyful expectancy and excitement or even anxiety, depending on what and who we wait for. God’s promises are fulfilled within the boundaries of time but often a blessing comes with the necessary space of faith-filled Advent/waiting as it was with Abraham and Sarah or the birth of the promised Messiah. Pope Francis rightly said, *“Faith is not a tranquilizer for people under stress, it is a love story for people in love!”* God, certainly is the protagonist of our salvation story, but we have to make room and open the door of our hearts for God’s action in our lives. As we await His coming into our lives, we ask God to enlarge our hearts to comprehend the immensity of heaven’s gift we are being offered.

*(Pause..... for moments of Silent Personal Prayer)*

**PRAYER OF INVOCATION:**

**LEADER:**

**Come Lord Jesus;** our Saviour who chose to be born into our world of scarcity and need to be one with us.

**Come Lord Jesus;** come into our homes and situations; into our relationships and our work; bind us in unity and in love.

**Come Lord Jesus;** You are the hope of all those who look for peace, justice and righteousness.

**Come Lord Jesus;** lead us with your wisdom, comfort us with your mercy and protect us with your power.

**Come Lord Jesus;** may your gentleness conquer our anger and hardness of heart, your generosity our greed and your unconditional love, our apathy.

**Come Lord Jesus;** teach us to share your bountiful blessing with all that no one is left to die hungry.

**Come Lord Jesus;** may our praise and worship of you echo through our lives and may our following You to the manger, lead us to Your eternal Kingdom.

**HYMN: 363.** Spirit of the living God fall afresh on me. (*Joyful Celebration*)

**SCRIPTURE READING: Mt 24: 42-50**

(*Pause for few moments after the Scripture Reading*)

**REFLECTION:**

At times, it can seem that God is distant and not involved in our lives. It can seem that we are not going to face Him anytime soon, and this can lead us to become distracted with many other things. Every day we need to renew our spirit of faith in God and his constant presence, living a life presentable and pleasing to Him every moment. “*Stay awake!*” These are Jesus’ words to us. He tells us that we do not know the day or the time when the Lord will require an account of our lives. Every moment is precious and important in God’s eyes, and the one necessary thing is working to attain our salvation. This is more important than anything else we can accomplish in life. The servant who is constant and steady, who does what he/she is supposed to do at each moment, is the truly prudent servant. Staying awake, vigilant, and surrendering to God’s will every moment may not be easy but not impossible. Parents of infants have their radar attuned to where their children are and to what they do. It becomes a second nature. In some way, each one of us also instinctively attune our radar to the individuals we truly love. May our hearts wait for the Lord with an earnest yearning.

**HYMN: No 365.** Stay awake, the Master is coming. (*Joyful Celebration*)

(*Pause..... for Silent Self- examination of conscience in the light of the Gospel*)

Do I have God at the centre of my life, or do I have him and his will relegated to the margins, paying attention to Him only in my spare time?

If today, this moment, I am to meet the author of my life, what would be the things I will be confident and proud to present and which are the things I would rather wish to keep away from Him?

How would I like to orient or realign myself to that of Jesus and to his gospel values, this Advent?

**HYMN: No 365.** Stay awake, the Master is coming. (*Joyful Celebration*)

**GENERAL INTERCESSIONS:**

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

We pray for the universal Church and its leaders that they may be a visible sign of God’s mercy and forgiveness. Let us pray: **R/**

We pray that all of us may be capable of sharing the advent hope, peace and serenity to our world of turmoil and strife. Let us pray: **R/**

We pray that this advent journey may help us rise above our human weaknesses and to grow stronger as Christians. Let us pray: **R/**

We pray that the birth of the prince of peace may bring reconciliation among conflicting nations. Let us pray: **R/**

We pray for our deceased loved ones of our Parish community that they may rest in God's peace. Let us pray: **R/**

**PRAYER:**

Precious Lord, as I embrace this Advent Season, please open my eyes to see the great value and blessing of Your Incarnation. Help me to discover Your hidden presence in this world and within my own soul. I desire to see, understand, and experience the profound effects that Your Incarnation has on my life and I desire to receive those effects more fully this Advent. May I become a sanctuary in which You dwell so that I, like Your dear Mother, may bring Your presence into the world.

**BENEDICTION:**

**THE DIVINE PRAISES:** (*For Benediction*)

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

**CLOSING HYMN:** Let us bow in adoration....or any other appropriate one.

**-Commission For Liturgy  
Archdiocese of Bombay.**

