



02 June 2023

HOLY HOUR

“Come to me all you that labour and are heavy laden and I will give you rest” Mt 11: 28.)

HYMN: No. 179. Humbly we adore thee, Christ, Redeemer, King. *(Joyful Celebration)* Or any other appropriate hymn or Bhajan.

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

INTRODUCTION:

Catholics dedicate the month of June to the Sacred Heart of Jesus, in veneration and in gratitude for His merciful heart and His redeeming love for humankind. Holy masses, novenas, and the recitation of devotional prayers in honour of the Sacred Heart are traditionally observed by the faithful. Characteristic acts of devotion include almsgiving, consecration, and reparation. The devotion to the Sacred Heart of Jesus is a powerful way of drawing closer to our Lord by uniting our hearts to His Sacred Heart in a spirit of love, trust, adoration, and most importantly, reparation for the many sins and insults we have caused Him. The Sacred Heart of Jesus represents the centre, the source from which salvation for humanity gushed forth.

Jesus revealed to St. Margaret Mary of the coldness and ingratitude he received just from Christians alone, much less from the rest of humanity, considering all He did in opening up the gates of heaven for us in His Passion so that we might have Eternal Life! During this Holy Hour, we adore and thank our Eucharistic Lord on our own behalf and on behalf of all those in the world who despise God's merciful love.

(Pause..... for Moments of Silent Personal Prayer)

Promises for devotion to the Sacred Heart as revealed to St. Margaret Mary.

I will give them all the graces necessary for their state in life.
I will establish peace in their families.
I will comfort them in their trials.
I will be their secure refuge during life, and, above all, in death.
I will shed abundant blessings on all their undertakings.
Sinners will find in My Heart an infinite ocean of mercy.
Lukewarm souls will become fervent.
Fervent souls will rapidly grow in holiness and perfection.
I will bless every place where an image of My Heart shall be exposed and honoured.
I will give to priests the gift of touching the most hardened hearts.
The names of those who promote this devotion will be written in My Heart, never to be blotted out.
I promise thee, in the excessive mercy of My Heart, that My all-powerful love will grant to all those who receive Holy Communion on the First Friday of nine consecutive months, the grace of final

penitence; they shall not die in My disgrace nor without receiving their Sacraments; My Divine Heart shall be their safe refuge in this last moment.

(Pause..... for Moments of Silent Personal Prayer)

HYMN: No. 304. O Spirit, Source of Wisdom (*Joyful Celebration*) or any other.

SCRIPTURE READING: Mt 11:25-30

(Pause..... moments of personal reflection after the Scripture Reading)

REFLECTION:

Jesus contrasts intellectual pride with child-like simplicity of heart that is filled with humility. Humility inclines the heart towards grace and truth of God. Just as pride is the root of every sin and evil, so humility is the only soil in which the grace of God can take root in our hearts. "Come unto me, all ye that labour and are heavy laden and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart. (Mt 11:28-29)" This is an invitation to surrender our lives and be led by Jesus, who promises rest for our weary and burdened souls. We live in a world that promotes hustle and full schedules to measure up to its standard. There is always another project to tackle, another item on our to-do lists. The comforts that the world offers make us more restless. The rest that Jesus offers is far beyond physical rest or comfort. It is peace and wellbeing of our heart and soul in His loving and unchanging presence. Rest for the soul is the most desirable rest we all seek. A soul at rest with God can share with everyone, the peace of God. The Lord does not exclude anyone from His invitation, provided we heed and come home to shelter in His Sacred Heart.

HYMN: Sweet Heart of Jesus Fount of love and mercy or any other.

Chorus:

*Sweet heart of Jesus
We implore
O make us love thee
More and more*

Sweet heart of Jesus
Fount of love and mercy
Today we come thy blessing to implore
O touch our hearts, so cold and so ungrateful
And make them lord, thine own forevermore

Sweet heart of Jesus
Make us pure and gentle
And teach us how to do thy blessed will
To follow close the print of thy dear footsteps
And when we fall
Sweet heart, oh love us still

Sweet Heart of Jesus
Bless all hearts that love thee
And may thine own heart ever blessed be
Bless us, dear lord, and bless the friends we
cherish
And keep us true to Mary and to thee

LEADER: *Let us renew our consecration to the Sacred Heart of Jesus.*

An Act of Consecration to the Sacred Heart of Jesus

Most sweet Jesus, humbly kneeling at Thy feet,
We renew the consecration of our family to Thy Divine Heart.
Be Thou our King forever!
In Thee we have full and entire confidence.

May Thy spirit penetrate our thoughts,
Our desires, our words and our deeds.
Bless our undertakings, share in our joys,
in our trials, and in our labours.
Grant us to know Thee better, to love Thee more,
to serve Thee without faltering.

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

GENERAL INTERCESSIONS:

RESPONSE: Lord, hear our prayer.

We pray for the intention of Pope Francis for June: *“That the international community may commit in a concrete way to ensuring the abolition of torture and guarantee support to victims and their families”*. We pray to the Lord: **R/**

For the Church: that her guidance will strengthen and renew all on the path of deeper discipleship after the heart of Jesus. We pray to the Lord: **R/**

For government and world leaders: that they make their decisions in light of the truth and justice that embody God’s Kingdom. We pray to the Lord: **R/**

For those burdened by any kind of life’s misfortunes, that they find rest and comfort in the compassionate heart of Christ and in His mystical body the Church. We pray to the Lord: **R/**

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.**