



**06 October 2023**

**HOLY HOUR**

*(Draw near to God, and he will draw near to you- James 4: 8)*

**Hymn: No. 123. – Father we love you, we worship and adore you - (Joyful Celebration Hymnal)**

*(Pause..... for moments of silent and personal adoration before the Eucharistic Lord)*

**Introduction:**

The presence of God felt by the soul at a moment of prayer is an incredible gift that can comfort us and give us strength under any circumstance. Let us set aside all distractions, worries, and preoccupations and be totally present before the Lord, in order to engage in a sincere and authentic dialogue with the divine Master, who loves us unconditionally and yearns for a deeper relationship with each of us. The Bible recounts numerous examples of individuals who sought God through prayer- from Abraham's conversation with the almighty, to Moses' intercessions on behalf of his people, to Jesus himself who withdrew to solitary places to commune with his Father. All these remind us that sacred time of communion with the Lord becomes a well spring of our spiritual strength. May our prayer life nurture our spirits and foster a lasting bond with our heavenly Father and a thirst for God's abiding presence in our everyday lives.

**Hymn: No. 453 - When I look into your holiness (Joyful Celebration hymnal)**

**Prayer:**

Divine Creator, Source of boundless love,  
in awe and reverence, we adore you in this Sacred Host.  
You, who fashioned the universe with such wonder,  
Choose to be with us always, even to the end of time.  
Majestic God, beyond all time and space,  
You embraced our human conditions to be one among us.  
Eternal God, you deserve unending praise and adoration.  
Accept the praise and thanksgiving of the faithful gathered here for prayer.

Through every trial, and moments of joys, you walk beside us  
We sit at your feet enveloped by your boundless grace and mercy.  
In your presence, we find our purpose and worth.  
With confidence we surrender ourselves and our world to you.  
May you accomplish in us all your plans and purposes. Amen.

*(Pause... for moments of silent and personal adoration before the Eucharistic Lord)*

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

**Scripture Reading: Exodus 33: 12-16**

**Reflection:** Exodus 33: 12-16 presents a profound dialogue between Moses and God that offers a glimpse into the intricate dynamics of their relationship and provides valuable insights into our own spiritual journeys. It is a remarkable testament to the deep connection between humanity and their Maker. Moses' boldness in expressing his concerns and needs for divine guidance in order to lead and liberate his fellow beings reveals the essence of true Christian leadership – the willingness to seek counsel and admit one's limitations while relying on a higher power for strength and direction. God's promise to go with Moses and to give him rest signifies a divine commitment to support and sustain those who earnestly seek His presence. This resonates deeply with the human experience, as we often wrestle with uncertainty and challenges. Like Moses, we yearn for a sense of purpose and the assurance that we are not alone in our endeavours. God's willingness to journey alongside the Israelites echoes the universal truth that we are never truly alone, even in the most desolate moments of our lives. Like Moses, we can approach God with humility, vulnerability, and a hunger for deeper connection. We can find solace in the promise of God's abiding presence, drawing strength from His guidance and resting in the assurance that God is on our side. This passage serves as a timeless reminder of the beauty of seeking God's company and the transformative power of authentic, faith-filled dialogue with our Creator God.

*(Pause..... for moments of silent and personal reflection and Examination of Conscience)*

**Hymn: No. 320 – Our hearts were made for you, Lord,** *(Joyful Celebration hymnal)* or any other.

**Thanks giving Prayers:**

Lord we thank you for all your gifts and benefits; for the good health and vitality. We thank you for your care and closeness we experience through the love of our family and friends: We thank you for the inspiration and light, for guidance and help we receive from others; for challenges that make us grow and for strength found in adversity. We thank you for the hope and joy we have in you, no matter what our circumstances may be. And above all, for your forgiving love that welcomes us home to your embrace of love each time we admit our sins and faults and seek your forgiveness. May our actions, words, and thoughts reflect the thankfulness we feel for your unending blessings.

*(Pause..... for moments of silent and personal prayer)*

**General Intercessions:**

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

For the Synod: We pray with our Holy Father, for the church, that she may adopt listening and dialogue as a lifestyle at every level and allow herself to be guided by the Holy Spirit towards the peripheries of the world. **R/**

For those who live with grief, insecurity, physical pain or mental suffering that they feel God's comforting presence lightening their burdens. **R/**

We pray for those who are facing unemployment and financial strain; that God opens the doors of opportunities and provide for all their needs. **R/**

In our world divided by differences, we pray for unity, understanding and reconciliation among nations, cultures and religions. May the Spirit of love and acceptance prevail over hatred and prejudice. **R/**

We pray for God's grace in stewarding and preserving the earth for our future generations. May we make sustainable choices and show care for all God's creation. **R/**

We pray for the needs of all those present here, and for the infirmed and the deceased in our Parish community that God be merciful to them. **R/**

**The Divine Praises:**  
*(After the 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 hymn.

**-Commission for Liturgy  
Archdiocese of Bombay.  
[www.liturgycentrebandra.org](http://www.liturgycentrebandra.org)**