



05 April 2024
HOLY HOUR

(So the Disciple whom Jesus love said to Peter, "It is the Lord" Jn 21:7)

Introduction: Jesus fulfils his promise to be with us always in a profound and tangible way through the institution of the Eucharist. Through this sacred act, He establishes a means for his disciples of all ages to feast in his presence continually; receiving spiritual nourishment that transcends time and space. Jesus our Risen Lord is present here in the consecrated Host and this is a sacred moment of communion with our Divine Master. Let us worship and adore our Risen Lord with our hearts filled with gratitude and reverence. Like Peter and the other Disciples, we often find ourselves labouring through the night, striving and struggling in our own efforts with no apparent results. Yet, in the midst of our daily toils, the Lord comes to us, offering guidance and sustenance; making us say aloud with certitude, "*It is the Lord*". May we heed His call to cast our nets on the other side of the boat, the side we are reluctant to cast, because of our past unfulfilled and fruitless attempts. May the risen Lord fill us with new hope. May His grace and blessings, be overflowing in our lives and spilling out to others.

(Pause for Moments of Silent and Personal Adoration...)

Hymn: 436. We seek thee Lord Jesus, we seek thy blessed face. (*Joyful Celebration*) Or any other.

(Pause for Moments of Silent and Personal Adoration...)

Response: Risen Lord, we thank You

For the price you paid for our redemption, **R/**
For the hope of new beginnings we have in you, **R/**
For the gift of the Sacraments especially the holy Eucharist, **R/**
For the peace that surpasses our understanding, **R/**
For the gift of your Divine Mercy and for our salvation, **R/**
For your abiding presence in our midst to the end of time, **R/**

Response: Risen Lord, deliver us.

From the darkness of sin and its consequences, **R/**
From the chains of doubt and despair, **R/**
From the fear of death, **R/**
From the situation of hopelessness and from all that bound us to the past, **R/**
From our evil tendencies and predominant faults, **R/**
From our pride and prejudices that blinds us from seeing the good in others, **R/**
From the temptation of undue power, fame, or other worldly pleasures, **R/**

Hymn: 283. New life, new life, you came to bring us new life (*Joyful Celebration hymnal*)



Leader: The desires for God and for His Words in the Scripture are special graces given to us. Our search for God is a result of His call to us. As St. John of the Cross said, “we seek God because God first sought us and is passing close by when we think of Him” Will our hearts burn within us when we listen to Him in the Scripture? Let us dispose our hearts for this encounter.

Hymn to the Holy Spirit: 304. O Spirit, Source of Wisdom (*Joyful celebration hymnal*)

Scripture reading: Jn 21:1-14

Reflection: This gospel passage speaks of the unwavering faithfulness of Christ, who, despite our failures, continues to seek us out with open arms. Much like the disciples labouring tirelessly through the night, we sometimes may find ourselves overwhelmed with the feelings of frustration or uncertainty over our job or life on the whole. But as the disciples cast their nets into the sea at Jesus' command, they are met with an overflowing abundance that defies human comprehension. It's a reminder that when we entrust our lives to the guidance of the Good Shepherd, our efforts are never in vain. In his presence, our meagre offerings are multiplied beyond measure, filling us with a sense of awe at the boundless generosity of God's grace.

Perhaps the most poignant moment of this encounter comes as Risen Jesus invites his disciples to share in a meal prepared by his own hands. In this simple act of breaking bread together, we catch a glimpse of the intimate communion that exists between Christ and his flock. Christ's banquet is where the outcasts are welcomed, the weary find rest, and the broken are made whole. As stewards of Christ's love, we are called to cast aside our fears and insecurities, trusting in the abundance of God's provision extending the same radical hospitality that the risen Lord showed to all who hunger and thirst for righteousness. And let us gather around the table of grace, sharing in the abundance of God's love as we journey together in fellowship and service to the One who calls us each by our names.

(Moments of Silence for self examination of Life)

Do we allow the Lord to be a companion of our life's journey and take part in our conversations and decisions?

After pouring out our heart to the Lord in joy or sorrow at prayer, do we take time to listen and understand the inner stirring of our hearts, where the Risen Lord speaks?

How has our daily encounter with the Lord in the Holy Eucharist and the other Sacraments impacted our lives and relationships with God and our neighbour? Has it been making us more selfless and more forgiving?

HYMN: 38 Alleluia, alleluia give thanks to the risen lord (*Joyful Celebration hymnal*)

CONSECRATION TO THE SACRED HEART OF JESUS- (by St. Margaret Mary: Adapted)

Most Holy Heart of Jesus!
We give ourselves entirely to you.
We offer you our lives, our actions, our works, our sufferings.
We choose to give you our entire love.
We want only to belong to you.
We want to honour and glorify you.



Be our protection in life, our promise of eternal salvation.
 Be our strength in our weakness and wavering.
 Be the atonement for all the sins of our lives.
 O Heart of meekness and goodness,
 Be our refuge when we die.
 Lord and Saviour, by your all embracing love,
 We beg you to write our names deeply
 In your Most Holy Heart.
 Let it be our joy and glory to live and die in your service.

General Intercessions:

Response: Lord, Listen to your people praying. *(Sing or Recite)*

That the gift of peace of the Risen Lord may rest in the hearts of people of every nation and race, to end the conflicts and war which destroys and divide our world. **R/**

For our Church and world leaders; that in all their decisions they may prioritize the common good above personal interests, work towards peace, equality, and justice for all nations. **R/**

For the Christian community all over the world that we may be filled with the Holy Spirit, guiding and strengthening us to live a life of witness in this challenging time. **R/**

That the faithful departed in our Parish community may share in Christ’s victory over sin and death and enjoy life eternal. **R/**

That our encounter with the Risen Lord through his Word and the Eucharist and other Sacraments may make his love come to perfection in us. **R/**

(Pause for silent personal intentions)

Hymn: Let us bow in adoration

The Divine Praises *(For Benediction)*

Blessed be God.	Blessed be the Holy Spirit, the Paraclete.
Blessed be His Holy Name.	Blessed be the great Mother of God, Mary most holy.
Blessed be Jesus Christ, true God and true man.	Blessed be her holy and Immaculate Conception.
Blessed be the name of Jesus.	Blessed be her glorious Assumption.
Blessed be His Most Sacred Heart.	Blessed be the name of Mary, Virgin and Mother.
Blessed be His Most Precious Blood.	Blessed be Saint Joseph, her most chaste spouse.
Blessed be Jesus in the Most Holy Sacrament of the Altar.	Blessed be God in His angels and in His Saints.

HYMN: O Sacrament Most holy, O Sacrament divine