



03 MAY 2024

“But the helper, the Holy Spirit...will teach you all things–Jn 14: 26

(The theme of The Holy Hour for May is dedicated to the Holy Spirit in view of Pentecost)

Hymn: 123. Father we love you, we worship and adore you. *(Joyful Celebration hymnal)*

(Pause..... for silent personal adoration)

Introduction:

Jesus, in his infinite love and wisdom, assured his followers that they would never be left orphaned after he ascends to the Father. Understanding the human need for spiritual sustenance, he instituted the Eucharist, the Sacrament of his abiding presence among us. Furthermore, he sent the Holy Spirit, the Advocate, to guide, comfort, and empower them in his absence. The empowerment of the Holy Spirit was crucial for the mission of spreading the message of the Gospel. The Holy Spirit was instrumental in bringing together early Christians from diverse backgrounds and cultures into one body of Christ. (1Cor 12:13) This unity was a powerful testimony to the world of the transformative power of the Gospel. It also serves as a source of comfort and encouragement to believers in times of trial and hardship. Jesus referred to the Holy Spirit as the "Comforter" who would be with his followers forever (Jn 14:16). The presence of the Spirit provides strength and assurance, enabling believers to persevere amidst adversity even in our own day. May our sacred communion with the Lord at prayer, make us more Christ like; speaking words that heal, restore, unite and build up people. Along with all our personal and communitarian intentions, we pray earnestly for peace, justice and harmony in the world.

Hymn: 326. Verses 1, 2. Praise God, Praise God. *(Joyful Celebration hymnal)*

(Pause for silent personal prayer....)

Leader: The Holy Spirit is our teacher (Jn 14:26), who gives us knowledge and wisdom. He is our guide (Jn 16:13), who leads us in the right path. He reveals things to come (Jn 16:13), making us wise, and capable of discerning God's plan for us. Let us invoke the Holy Spirit before we listen to God's word.

Prayer to the Holy Spirit *(Or sing a suitable hymn to the Holy Spirit)*

Come Holy Spirit; replace the tension within us with a holy relaxation.

Replace the turbulence within us with a sacred calm.

Replace the anxiety within us with a quiet confidence.

Replace the fear within us with a strong faith.

Replace the bitterness within us with the sweetness of grace.

Replace the darkness within us with gentle light.

Replace the coldness within us with loving warmth.

Replace the night within us with your Light.

Replace the winter within us with your spring.

Straighten our crookedness, fill our emptiness.

Duff the edge of our pride,



Sharpen the edge of our humility. Amen.

Scripture Reading: Acts 5: 34-41

Reflection:

Gamaliel the renown teacher of Paul was a leading advocate of a more liberal and humane interpretation of the Law and obviously respected by the council members. In the passage we have heard, he warned his fellow council members not to be too hasty in their judgments. He reasons out that Jesus was crucified, and this was enough reason for his disciples or any ordinary follower to withdraw and disassociate with Jesus if they wanted a normal peaceful life without trouble or if it is of any human making but if not, they would be fighting against God himself. Gamaliel's approach advocates that our understanding is limited and that God's plans may unfold in ways that we do not anticipate. In Jn14:26, Jesus clearly assures us that the Holy Spirit will be our advocate if we discern His ways and invite Him into our life. Let us consider the role of the Holy Spirit in Christian life:

The Holy Spirit makes us His Living Temples (I Cor 3:16). He strengthens us in our fight against temptations and in our mission of bearing witness to Christ by our lives. As a sanctifying God, He makes us holy through the Sacraments: He makes us children of God and heirs of heaven through Baptism. He makes us temples of God, warriors and defenders of the Faith, through Confirmation. He enables us to be reconciled to God by pardoning our sins through Reconciliation. He gives us spiritual nourishment through the Holy Eucharist. As a teaching and guiding God, He clarifies and constantly reminds us of Christ's teachings. He listens to our prayers and enables us to pray, and He speaks to us mainly through the Bible and as a giver of gifts, He enriches us with His gifts, fruits and charisms. He is there in all his fullness wherever people worship and pray in the name of Jesus.

Hymn: 121. Jesus my Lord, my God, my all. (*Joyful Celebration hymnal.*) Or any other.

(Pause for Moments of Silent self examination of Life...)

Have I taken time to pray and seek guidance from the Holy Spirit before making important choices?

Have I allowed the Holy Spirit to convict me of areas in my life where I need to grow or change, and have I been receptive to His guidance in those areas?

When faced with difficult situations or moral dilemmas, do I rely on my own wisdom and understanding, or do I surrender to the guidance of the Holy Spirit and trust in His direction?

Do I cultivate a spirit of humility and openness, recognizing that the Holy Spirit may lead me in ways that I do not expect or understand?

Hymn: 272. Mercy Lord, we have sinned, listen to our plea, **Verse -1** (*Joyful Celebration hymnal*)

General Intercessions:

Response: Lord, hear our prayer.

We pray for the leaders of the world for a Spirit of right judgement and integrity that human rights everywhere be safeguarded for all people.**R/**



We pray for the monthly prayer intention of Pope Francis which is; to pray for the formation of religious men and women and Seminarians that they grow in their own vocations through their human, pastoral, spiritual and community formation leading them to be incredible witnesses to the Gospel. **R/**

We pray for protection over our youth, both physically and spiritually, help them to discover their unique gifts and talents, and inspire them to use these gifts to make positive contributions to our world. **R/**

For the sick, elderly, and homebound; grant them your healing touch and surround them with your love and peace. Bless those who care for them with patience and compassion, and may they feel supported by our prayers and actions. **R/**

For ourselves and for our own parish community; that we may always be open to the gifts and fruits of the Holy Spirit and gladly accept the challenges of living our faith. **R/**

Hymn: 245. Let Us Bow In Adoration. (*Joyful Celebration hymnal*)

Benediction:

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: O Sacrament most Holy, O Sacrament Divine...

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