



05 JULY 2024

(The Holy Hour is dedicated to the Parents and Grandparents in view of the Feast of Sts Joachim and Anne)

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

(Pause..... for Silent Personal Adoration)

Introduction:

In Catholic tradition, St. Joachim and St. Anne, *(The parents of the Virgin Mary)* and St. Joseph and the Virgin Mary, the earthly parents of Jesus, hold a revered place. Their lives and roles as parents and grandparents provide profound insights into Christian parenting, offering timeless values and virtues to emulate. They serve as models for creating a home where faith and love are central, fostering an environment where children learn to prioritize their relationship with God.

The role of Christian Parents is crucial in nurturing a household that reflects God's love and teachings. By supporting each other in love and respect, sharing responsibilities, and providing spiritual, disciplinary, and emotional guidance to their children, parents can fulfil their God-given mandate. As co-creators, Parents participate in God's creative work. Nurturing life in Christian family extends beyond physical care; it involves teaching by example, fostering an environment where faith is lived out through daily actions and interactions. The role of parents as nurturers also includes the stewardship of the family as a domestic Church, a place where God's love and grace are experienced and shared. By cultivating a home grounded in Christian principles, parents help to shape a supportive and faith-filled community that mirrors the larger body of Christ.

Hymn: 453. When I look into your holiness. *(Joyful Celebration hymnal)*

(Pause for Silent Personal Prayer....)

Canticle of Praise for the blessing of Parents

Response: Blessed be God forever!

Praised be to God who chose and united our Parents in a sacramental bond of holy matrimony. **R/**

Praised be to God who kept the love of our Parents steadfast through good and bad times of life. **R/**

Praised be to God for our Parents in whose steadfast love, we find our roots; they who sheltered us in the cradle of their hearts. **R/**

Praised be to God for our Parents; our first and truest teachers, in whose embrace, we learned the meaning of home. **R/**

Praised be to God for their sacrifices made in silence, the unseen tears and unnoticed toils; for their selfless giving and their hearts that bore our burdens. **R/**

Praised be to God almighty and eternal, who is the source of all goodness and love; grant our Parents health in mind and body: Fill them with the strength that only comes from you. **R/**



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

Scripture Reading: Lk 2: 43 -52

Reflection: The humility and obedience of Jesus to His earthly parents is most clearly demonstrated in the Gospel of Luke, *"Then he went down with them and came to Nazareth, and was obedient to them; his mother treasured all these things in her heart"* (Lk 2:51). This single verse encapsulates a significant aspect of Jesus' earthly ministry in obedience to the will of the Father and his willingness to submit to human authority, even as the divine Son of God. We can reflect on the passage under the following heads:

Fulfilling the law: By an act of obedience to his earthly Parents, Jesus fulfils the law of God, *"Honour your father and your mother"* (Ex 20:12).

Model of Righteous Living: By obedience, Jesus provides a model for all believers. In Colossians, Paul instructs children to *"obey your parents in everything, for this pleases the Lord"* (Col 3:20,). Jesus' life serves as the ultimate example for Christian's conduct, demonstrating that true righteousness involves humility and submission, not only to God but also to those God has placed in authority over us.

Virtue of Obedience: Jesus' example teaches believers the virtue of obedience within the family structure. This is a countercultural message in a world that often prizes individual autonomy over communal harmony. Jesus' willingness to be subject to His parents challenges us to rethink our understanding of authority and submission, emphasizing the spiritual maturity that comes from humble obedience.

Sanctity of Family Life: Jesus' obedient participation in the family life the Holy Family, elevates the sanctity of the family. It suggests that the family is not merely a social construct but a divine institution where God's will is lived out daily. The ordinary life of the family becomes a sacred space where holiness can be cultivated through daily acts of love, respect, and obedience.

Embracing God's will: Jesus' submission to His parents culminates in His ultimate submission to the Father's will, in the Garden of Gethsemane where He prays, *"Not my will, but yours be done"* inviting all believers to embrace obedience as a spiritual discipline, honouring the sanctity of family, and preparing our hearts for greater submission to God's will.

Hymn: 69. Blest be the tie binding two hearts. -*Joyful Celebration hymnal.* **(For Couples Holy Hour)**

Hymn: 326 Praise God, Praise God, - *Joyful Celebration hymnal.* **(For general Holy Hour)**

(Pause for Moments of Silent Self Examination of Life...)

Have I been dutiful towards my Parents/Grandparents/Guardians, being there for them in times of need, offering physical, emotional, and financial support as required?

Have I held onto grudges or past hurts caused by my parents, or have I sought to forgive and reconcile; have I apologized when I have wronged?

Have I been compassionate and empathetic towards the elderly, acknowledging the challenges they face? Do I offer emotional support and companionship to elderly individuals who may feel isolated or lonely; do I advocate for the rights and needs of the elderly in my community and beyond?



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 our Holy Father Pope Francis for wisdom, strength especially for good health; bless and empower all the leaders of the Church. **R/**

Lord, we pray for the generations of our family, past, present, and future. May the legacy of faith and love be carried forward, and may our family always be a source of your light in the world. **R/**

We lift up any family members who are going through difficult times, whether it be illness, emotional pain, or other challenges. We ask for your healing touch and comfort to be upon them. **R/**

We pray for Single Parents who strive hard to give their best to the children; for those who have lost their spouses in the recent times or those going through challenges of keeping the unity of the family. **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/**

Hymn: 245. Let Us Bow In Adoration.

<p>THE DIVINE PRAISES: <i>(After the Benediction)</i> 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.</p>	<p>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.</p>
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Closing Hymn: O Sacrament most Holy, O Sacrament Divine...

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