



## **HOLY HOUR ON “GAUDIUM ET SPES”**

*(The Holy Hour reflection is based on Gaudium et Spes)*

**Hymn:** Hymn of worship and praise.

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

### **Introduction:**

"*Gaudium et Spes*" (Joy and Hope), is one of the principal documents from the Second Vatican Council, Promulgated in 1965 by Pope Paul VI. The document acknowledges the profound challenges of the modern age. It emphasizes the dignity of the human person, the interconnectedness of humanity and the need for solidarity and social responsibility. It calls for the Church's role in addressing contemporary issues by engaging positively and constructively with the world. The Document highlights the shared joys and hopes, as well as the grieves and anxieties of all people, particularly the poor and afflicted. It affirms the Church's commitment to serve and uplift the suffering humanity through faith and action by promoting human dignity, social justice, and peace. The document also advocates the importance of family, culture, economic, political and social life, and peace, urging Catholics to actively participate in shaping a more just and humane world. Ultimately, "*Gaudium et Spes*" encourages a dialogue between the Church and the contemporary world, grounded in mutual respect and the pursuit of truth, justice, and love. As we reflect and discern together on "*Gaudium et Spes*" we pray for the graces to carry out its mandate.

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

**Hymn:** A hymn of worship and adoration.

### **Prayer of Adoration:**

O Jesus our Eucharistic Lord and Saviour, we adore you here in our midst. We thank you for this privileged time of encounter with you, away from all preoccupations of life. Being in your presence is true peace and rest for our souls. You entered our world, sharing in our joys and sorrows, revealing the Father's infinite love for all creation. We adore you as the Light of the world, guiding us in our journey through life, illuminating the path of truth, justice, and love. Through '*Gaudium et Spes*' we understand our deep connection to our world and our sacred duty as your disciples, to live out the Gospel. Grant us the wisdom and compassion to embrace the dignity of every person, regardless of their background. Let our gestures of kindness and love, be a source of comfort and hope to the needy. In all that we do, may we foster the common good. Let our work places, our families, and our communities become places where everyone can flourish and experience your goodness. Fill us with joy and hope even in the face of challenges and trials. Let our lives be a testament to the hope found in Christ, and may we bring light and joy to the world around us. Amen.

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



**Hymn:** Hymn to the Holy Spirit.

**Scripture Reading: John 15:1-17** (*Pause..... for Silent Personal reflection*)

In *John 15:1-17*, Jesus describes Himself as the true vine, with the Father as the vine grower and us as the branches. This passage emphasizes our intimate relationship with Christ and, through Him, with one another. Union with Christ is essential for true fruitfulness; our lives are interconnected like branches on a vine, where the health of one affects all. Jesus' command to love one another reflects a self-giving love that builds up the human community, mirroring Christ's sacrifice. In a world of division and suffering, the Church is called to be a sign of unity and hope.

Just as a branch cannot bear fruit without the vine, we cannot fulfil our mission be a light to the nations without staying rooted in Christ. It is through this deep connection with Him that we draw the strength and grace needed to engage with the world, to address its challenges, and to work towards the common good. This Gospel passage and '*Gaudium et Spes*' urge us to live out our faith daily, working for the common good and the flourishing of all. As we meditate on it, let us commit ourselves to loving others, standing with the suffering, and striving for a world where Christ's love flows abundantly, spreading justice, peace, and love for all.

**HYMN:** Hymn of thanksgiving and praise.

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

### **POINTS FOR SELF- EXAMINATION OF CONSCIENCE.**

**Respect Human Dignity:** Have I treated everyone I come across with kindness and compassion, recognizing their worth as human beings?

**Solidarity with the Marginalized:** Have I been indifferent to the suffering of the poor and the marginalized? Do I take concrete actions to help those who are less fortunate, do I ignore their plight?

**Responsibility towards Creation:** Have I been wasteful or negligent in my use of natural resources, without considering the impact on future generations?

**Faith and Secular Engagement:** Do I integrate my faith into my daily life and decisions, living it publicly so to witness to the Gospel in the secular world?

**Work and Economic Justice:** Do I approach my work with integrity, viewing it as a means to contribute to the society? Have I been fair and just in my business dealings, ensuring that my actions do not exploit others?

**Hymn:** Hymn of repentance, resolution and faith.

### **GENERAL INTERCESSIONS:**

Trusting in God's enduring love and inspired by the teachings of *Gaudium et Spes*, we bring our prayers and petitions before Him, mindful of the needs of our world today.

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



**For a Synodal 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. We pray to the Lord.

**For world leaders and policymakers:** That they may be guided by wisdom and a deep concern for the welfare of all, particularly the marginalized and the oppressed; working tirelessly for peace, justice, and the protection of human rights in all nations. We pray to the Lord.

**For families and communities:** That they may be strengthened in love and unity, reflecting the sanctity of life and the beauty of human relationships. May they be places where faith, hope, and charity are nurtured and shared. We pray to the Lord.

**For those who suffer from war, violence, and oppression:** That they may find refuge and peace, and that the international community may respond with solidarity and concrete action to promote lasting peace and reconciliation. We pray to the Lord.

**For the environment and creation:** That we may be stewards of the Earth, caring for our common home with a sense of responsibility and gratitude. May we work to preserve the beauty of creation for future generations. We pray to the Lord.

**For the sick, the elderly, and all who are lonely:** That they may experience the comfort of God's love through the care and compassion of others. May we, as a community, reach out to those in need with open hearts and hands. We pray to the Lord.

**For our own personal intentions:** *(Pause in silence to present our personal needs)*

**Hymn:** *Let us bow in Adoration...*

*(Benediction)*

**(FOR BENEDICTION) THE DIVINE PRAISES:**

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...

- Commission for Liturgy  
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