



HOLY HOUR ON "LUMEN GENTIUM"

(The Holy Hour reflection is based on Lumen Gentium)

Hymn: Hymn of worship and praise.

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

Introduction:

Dear Friends, as we gather at the feet of our Eucharistic Lord for an hour of adoration today, we shall reflect on "*Lumen Gentium*," another key document of the Second Vatican Council. The document speaks of the Church's nature, mission, and structure, emphasizing the Church as the "*People of God*." All members share in Christ's mission and are called to reflect His light; hence the name "*Lumen Gentium*," meaning "*Light of the Nations*." The Church's mission involves spreading the Gospel, serving humanity, and striving for Christian unity. It calls all the baptized individuals to holiness and active participation in the Church's life and mission.

"*Lumen Gentium*" speaks of the roles of the Bishops, Clergy, and Laity, who collectively share responsibility for the universal Church under the leadership of the Pope. It also stresses the importance of the Laity, urging them to engage actively in their secular vocations. The document further addresses the role of the Blessed Virgin Mary, presenting her as the model disciple and Mother of the Church. Overall, "*Lumen Gentium*" seeks to deepen our understanding of the Church's divine and human elements, promoting a vision of a vibrant, mission-oriented, and unified Christian community. May our daily encounter with the Lord at prayer, and the holy Eucharist lead us to a deeper understanding of the Church and commitment to its mission.

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

Hymn: A hymn of worship and adoration.

Prayer of Adoration:

Jesus our Eucharistic Lord and Master, we adore you here in our midst. We praise you for the gift of your abiding presence with us, ever drawing us closer to your sacred Heart. You have chosen to dwell among us, veiling your heavenly glory in the humble appearance of the sacred host. We thank you for the grace to be part of your mystical body the Church, and for the privilege of sharing in your divine mission. We thank you for the gift of your Holy Spirit, who animates and sanctifies the Church. You are the Light that illuminates the nations and the hearts of your people. In your radiance, shadows and darkness flee. Lord, speak into the darkness of our souls and bring forth life, healing, and purpose. Let your light in us draw others home to the Father, as a beacon draws ships safely to shore. Let our lives radiate the warmth of your compassion, the clarity of your wisdom, and the power of your truth. Triune God, Father, Son, and Holy Spirit, may your kingdom come, and may your will be done, on earth as it is in heaven. Amen.



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

Hymn: A hymn to the Holy Spirit.

Scripture Reading: Mt 5: 13-16 *(Pause..... for Silent Personal reflection)*

Reflection:

Salt of the Earth: Preserving and Enriching.

Salt preserves and enhances flavour, symbolizing the integrity and authenticity essential to our Christian lives. The Church is described in *Lumen Gentium* as a "sign and instrument of communion with God and unity among all people" (LG 1), we are called to uphold Christ's teachings through our actions, thoughts, and words. By living out the Beatitudes of the Gospel, we enrich the world with the love and truth of Christ, preserving the moral fabric of our contemporary society. However, Jesus warns against losing our saltiness, reminding us that, though the Church is holy, it requires continuous purification and renewal (LG 8). When our faith stagnates, we risk losing our distinctiveness. Yet, through the Sacraments, especially the Eucharist, we are renewed and strengthened in our mission.

Light of the World: A Beacon of Hope.

Christ also calls us the light of the world, meant to shine brightly, not to be hidden. The Church is described as "a light for the nations" (LG 1), and we, as the Body of Christ, must visibly reflect God's love and mercy. In a world often filled with despair and division, our light should shine through simple acts of love, kindness, justice, and peace. *Lumen Gentium* emphasizes the role of every baptized person in bringing Christ's light to others (LG 31), calling us to live out our faith in our everyday life's situation, making choices that reflect our identity as God's children. Jesus also speaks of a city on a hill, representing the Church as a visible witness to God's Kingdom on earth. This visibility carries responsibility. Our collective witness must reflect unity, charity, and truth, living lives that testify to the Gospel and draw others to Christ. May the Holy Spirit work through us so that in all things, God may be glorified.

Hymn: A hymn of worship, praise or commitment.

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

POINTS FOR SELF- EXAMINATION OF CONSCIENCE.

Call to Holiness: How have I responded to the universal call to holiness in my daily life? Have I strived to live a life of virtue, imitating Christ and seeking to grow in love, faith, and charity?

Participation in the Church: Have I contributed to my Parish Community through participation in the Sacraments, Prayer, and Service, recognizing that the Church is God's household?

Evangelization and Service: Do I share the Good News of Jesus Christ with others through my words, actions and spirit of service to those around me?



Unity and Community: How have I fostered unity within the Church? Do I work to build bridges, resolve conflicts, and promote understanding and peace, contributing to the unity of the Body of Christ in my Parish and the universal Church at large?

Hymn: A hymn of thanksgiving and praise.

GENERAL INTERCESSIONS:

Response: Lord, hear our prayer.

For the Church: That She may always reflect the light of Christ and faithfully fulfil its mission to spread the Gospel and serve humanity. We pray to the Lord.

For all the baptized: That every member of the Church may recognize their call to holiness and actively participate in the Church's mission of evangelization. We pray to the Lord.

For the Pope, Bishops, Clergy, and Religious: That they may lead with faith, wisdom and compassion, guiding the Church in unity and love. We pray to the Lord.

For the laity: That they may engage fully in their vocations, bringing the light of Christ into their family, neighbourhood and workplace. We pray to the Lord.

For Christian unity: That all followers of Christ may work together towards the goal of unity and peace among all Christian denominations. We pray to the Lord.

For a deeper understanding of the Church's mission: That through reflection and prayer, we may grow in our commitment to living out the teachings of "Lumen Gentium." We pray to the Lord.

(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...

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