



06 December 2024

HOLY HOUR

(Keep awake therefore, for you do not know on what day your Lord is coming. Mt 24:42)

Hymn: A Hymn of adoration, praise and worship.

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

Introduction:

Dear friends, on this First Friday of the advent season, we shall reflect on how God is at work in shaping the course of history—The census in Bethlehem, the journey of the magi and the announcement to the shepherds manifest God’s hand in directing events for the birth of our Saviour. God also involved faith-filled individuals of the time like Mary, Joseph, and John the Baptist in His plan of salvation. God continues to shape events, cultures, and people for His ongoing redemptive works; are we ready to say our “yes” like Mary, trusting that God can use our small acts of faith to advance His greater purposes? Joseph’s dreams remind us that God communicates and leads in ways we might not expect and John the Baptist calls us to remove obstacles to God’s presence in our hearts. May we long for Christ’s coming anew into our hearts this advent season.

St Peter Julian would say, “*Look upon the hour of adoration assigned to you as an hour in Paradise. Go to your adoration as one would to heaven, to the divine banquet. You will then long for that hour and hail it with joy. Take delight in fostering a longing for it in your heart.*”

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

Prayer of Invocation:

Leader: Jesus our Saviour, who humbly took on the frailty of human flesh to lead us into divine strength; **(All)** we adore you.

Jesus our Saviour, who brings light into our darkest nights, illuminating the path of hope and salvation; **(All)** we adore you.

Jesus our Saviour, the Word made flesh, dwelling among us with grace and truth, calling us into deeper communion with God; **(All)** we adore you.

Jesus our Saviour, whose arrival brings the dawn of a new creation, renewing our hearts and the world; **(All)** we adore you.

Jesus our Saviour, Who came to reconcile the nations, healing the wounds of division, conflict, and wars, that we may live as one in your peace; **(All)** we adore you.

Jesus our Saviour, who offers refuge to the weary and solace to the destitute, sheltering the fleeing and the forgotten ones in your boundless love; **(All)** we adore you.

Hymn: 363. Spirit of the living God fall afresh on me. (*Joyful Celebration*)

Scripture Reading: Isaiah 9:1-6

(Pause for few moments after the Scripture Reading)

Reflection:

Isaiah's prophecy is a beacon of hope, into the darkness of a world in need of salvation. The prophet proclaims the coming of a Saviour, who will dispel the gloom and bring joy to the people. This Saviour, described as the "Prince of Peace," is the one we eagerly await during Advent. In our time too, we may experience darkness; whether in individual struggles, disintegration in families, global conflicts, or societal uncertainties. Yet, amidst this, Advent reminds us that God is with us. Just as the Israelites awaited the Messiah, we long for Christ's coming anew into every sphere of our lives. He is the light that pierces the darkest corners of our hearts. He calls us not only to receive peace for ourselves but to be instruments of that peace in the world. We seek to encounter Him daily through prayer, scripture, and acts of love. May His reign of justice and righteousness begin in our hearts and extend outward to heal a world in desperate need of His light.

Hymn: A Hymn of praise and worship/ or advent hymn.

Leader:

In what areas of my life am I experiencing "darkness"—be it personal struggles, relational conflicts, or inner doubts—and how can I invite Christ, the "Prince of Peace," to bring His light and healing into these spaces?

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

General Intercessions:

Response: Lord, hear our prayer.

For the Church, that during this season of Advent, she may be a light of hope and a source of encouragement to all who long to receive Christ anew. We pray to the Lord.

For peace in our world, especially in places torn by conflict, violence, and division. May the Prince of Peace bring healing and reconciliation to all nations. We pray to the Lord.

For our families and loved ones, that this Advent may be a time of renewal in faith and love, drawing us closer to Christ and to one another. We pray to the Lord.

For the grace to prepare our hearts to welcome Christ at Christmas, especially through acts of charity, prayer, and reconciliation. We pray to the Lord.

We pray that all of us may be capable of sharing the advent hope, peace and serenity to our world of turmoil and strife. We pray to the Lord.

We pray for our deceased loved ones of our Parish community that they may rest in God's peace. We pray to the Lord.

Leader:

Lord of all seasons, as we embrace this Advent Season,
open our eyes to the blessing of your Incarnation.
Help us to discover your hidden presence in this world
and within our own heart.

Amidst the busyness, help me stay attuned to your presence,
alert to your whispers of guidance and grace.
Teach me to wait with hope and patience,
trusting that you are at work in ways I cannot see.

Come, Lord, be my light and guide,
and let me carry Your peace into the world.
May we become a sanctuary in which you dwell,
like your blessed Mother, may we bring
your presence into the world. Amen.

Benediction:

The Divine Praises: *(For 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:

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