



03 January 2025

HOLY HOUR

(Jesus the Perfect Communicator of the Father's Merciful Love)

Hymn: *(You could begin with a hymn of adoration and praise)*

Introduction: Dear friends, for our Holy Hour today, we shall reflect on the theme, “*Jesus, the Perfect Communicator of the Father's Merciful Love*” in view of the Jubilee of the world of communicators January 2025. In every era, humanity longs to encounter a love that heals, restores, and gives meaning to life. Jesus Christ is the ultimate revelation of God’s unconditional love—a love not abstract but deeply merciful and personal. Through His words, actions, and sacrifice, Jesus communicated the heart of the Father. St. John Paul II says, in *Dives in Misericordia*: “*The Church professes and proclaims mercy as the most stupendous attribute of the Creator and of the Redeemer*” (DM 13). In Christ, the Father’s mercy is made visible, touching the lives of the broken and weary, calling them to a renewed relationship with God. Jesus also taught us the way of communication rooted in truth and love, where words and gestures heal rather than hurt, unite rather than divide or exclude. He showed us that true dialogue build bridges, uplifts the spirit, and brings life to all who hear. In His passion and death, Jesus offers the ultimate communication of God’s love, laying down His life for sinners. Jesus warns us that every tree is known by its fruit, “*The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks*”

This hour of adoration invites us to contemplate Jesus as the Word made flesh (John 1:14), the living message of the Father’s merciful love. Let us open our hearts to His voice, listening to how He calls us to receive His love and extend it to others. *(Pause for Moments of Silent and Personal Adoration...)*

Hymn: *(A hymn of praise and worship)*

Invocation Prayer

Lord Jesus, Word of the Father,
we come before You in humble adoration.
You are the face of the Father’s mercy,
the voice of love calling us to repentance,
and the compassionate hand lifting us from our weaknesses.
Pour Your mercy into our hearts,
and may we know the depth of the Father’s love
and become visible signs of that love in our hurting world.
May the fruit of our prayer and communion with You
Make us reach out to those in need.
Speak to us in the quiet of our hearts,
for we are here to listen, to be transformed,
and to love You in return in our brothers and sisters. Amen.

Hymn: *(A prayer or a short hymn to the Holy Spirit could be sung)*

Scripture reading: **John 14:8-10**



Reflections: In this passage, Jesus reveals the depth of His union with the Father. Every word He speaks, every miracle He performs, flows from His intimate relationship with the Father. Jesus does not merely represent the Father; He is the Father's presence among us. When He forgives sins, heals the sick, and welcomes the outcast, He is showing us the Father's merciful love in action.

The Church reminds us that Jesus' mission was not to condemn but to save (John 3:17). As Pope Francis highlights in *Evangelii Gaudium*: "*The Church must be a place of mercy freely given, where everyone can feel welcomed, loved, forgiven, and encouraged to live the good life of the Gospel*" (EG 114). The same is true of Jesus' ministry. Through His mercy, He teaches us how to communicate the Father's love to a world longing for reconciliation and healing. We can see Jesus' style of communication best in the mysterious wayfarer who dialogues with the disciples headed to Emmaus, after the tragedy that took place at Golgotha. The Risen Jesus speaks to them with the heart, accompanying the journey of their suffering with respect, proposing himself and not imposing himself, lovingly opening their minds to understand the profound meaning of what had happened. Indeed, they can joyfully exclaim that their hearts burned within them as he spoke to them on the road and explained the Scriptures to them (cf. Lk 24:32).

In adoration, we are drawn into this mystery of love. Gazing upon the Eucharist, we see the same Jesus who spoke forgiveness to sinners and offered Himself as a sacrifice on the cross. Let us allow His merciful love to transform us, so that we too may become communicators of this love in our words and deeds.

(Pause for Moments of Silent and Personal Reflection and an examination of conscience)

Points for Examination of Conscience and Self-Application

Do I see Jesus as the living image of the Father's mercy?

How do I communicate God's love and mercy in my words and actions?

Am I willing to forgive others as Jesus forgives me?

Do I spend time in prayer, listening to how Jesus speaks to me personally?

Have I neglected opportunities to extend mercy to those in need—materially, emotionally, or spiritually?

Hymn: *(A hymn of Repentance, forgiveness or resolution)*

Canticle of Praise for the Media inspired by the writing of Bl James Alberione.

May you be praised, Lord God, for the printed word—bread for our minds, light for our lives. We give thanks for the talents and dedication of all who serve the truth in love, and for all whose technical and professional skills make possible the production of books, newspapers, magazines, and reviews.

We celebrate, Lord, the modern marvel of television, which brings into the heart of our homes the joys and pain of all human living. Music, drama and laughter are shared in ways undreamed of in the past.

May you be praised, Lord God, for radio, which soars on the wings of the wind and provides for each nation an immediate channel for news, views, and entertainment and a means of offering to the listening world its own distinctive voice.

We celebrate, Lord, the writers, artists, directors, and all those whose gifts light up both theatre and cinema and provide audiences with a heightened awareness of their human condition.



We celebrate the wonder of digital communications which manifest a new iconography that links people around the globe in solidarity of faith, hope, and love.

We thank you, Lord God, for the unending Pentecost of your creative Holy Spirit which enables your sons and daughters to be afire with your truth, beauty, and goodness.

May the blind see, the deaf hear, and the poor receive justice through the proclamation of the Good News via today's media.

Together let us rejoice in the God-given talents and the creative gifts of those who promote the dignity of the human person and who build communion among peoples the world over through their dedication and love. Amen.

General Intercessions:

Response: *Lord, hear our prayer.*

For the Church, that she may recognize Christ's words as spoken with authority to heal, save, and speak the truth with tenderness, compassion, and respect for every soul, faithfully proclaiming the Father's merciful love to all nations, we pray...

For priests and religious, that they may be living witnesses of Jesus, the perfect communicator of the Father's love in the exercise of their ministry, we pray...

For modern-day families facing complex challenges, that they may find strength, unity, and love in their relationships, embracing patience, understanding, and open communication.

We pray for Christian communicators for discernment in the face of challenges, for protection from misinformation and negativity. and for the strength to be examples of Christian values in all their interactions. May the media tools they use be channels of grace and understanding, helping to spread Your Gospel to all corners of the world. we pray...

For the victims of war, violence and natural calamities or cybercrimes that, the vulnerable be protected, especially the innocent and marginalized. We also pray for the perpetrators of violence and harm, that their hearts may be transformed by the experience of God's love and mercy.

Let this time of adoration renew in us the conviction that Jesus is the perfect communicator of the Father's merciful love. May we listen to His voice, respond to His call, and reflect His mercy in all we do.

(Pause for silent personal intentions)

Benediction:

The Divine Praises

Closing Hymn:

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