



07 February 2025

HOLY HOUR

Hymn: *A hymn of adoration and worship.*

Prayer of Adoration:

O Jesus, hidden in the most Blessed Sacrament, we adore you.
You are the Bread of Life, the Gift of the Father,
the sacrifice that redeems and restores my soul.
In this holy mystery, you conceal Your glory,
yet You are fully present: body, blood, soul, and divinity.
We believe, though our eyes cannot see,
We trust, though our mind cannot fully comprehend.
You dwell here among us, O Emmanuel,
to remain with us until the end of time.
Your love knows no bounds; Your mercy flows without end.

You are the peace that calms our restless heart.
We surrender our heart to You; offering our joys and sorrows,
our hopes and fears, our sins and failures.
Sanctify us, O Lord, in Your presence.
May this moment before Your Eucharistic heart
renew our soul and draw us closer to You.
Fill us with Your grace, so we may reflect Your love
to the world that longs for Your light. Amen.

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

Introduction:

Dear brothers and sisters, during this Holy Hour, we shall pray for the sick and reflect on the mystery of suffering in our lives in view of the “*world day of the sick*” on the 11th of this month. Sickness is a reality that touches every one of us, either through our own struggles with illness or the heart-wrenching experience of caring for loved ones in pain. These moments can be agonizing, as we face our human limitations and often feel helpless in our attempts to ease their suffering. The weight of such experiences can be overwhelming, especially when we confront the stark reality of our inability to control or cure. Yet, it is precisely in these moments of vulnerability that we are invited to take refuge in the Lord and find strength and comfort. Faith can transform our despair into hope, reminding us that suffering, when united with Christ, becomes a path of grace and redemption. Let us place ourselves and our loved ones who are sick before the Eucharistic Lord, the One who bore our infirmities and carried our sorrows, and ask for the grace to discover the redemptive meaning of our suffering.



Hymn: No. 123 Father, we love you, we worship and adore you. (*Joyful Celebration*)

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

Hymn: No. 304. O Spirit, Source of Wisdom (*Joyful Celebration*) or any other.

Scripture Reading: Isaiah 53:3-5

(Pause for few moments after the Scripture Reading)

Reflection: The Prophet Isaiah speaks of the Suffering Servant, whose wounds bring healing and whose pain becomes the pathway to redemption. Christ fulfilled this prophecy in His Passion and death, offering His suffering for the salvation of humanity. In our own lives, suffering can feel isolating and purposeless, yet through Christ, it gains profound meaning. By uniting our pain with His, we participate in His redemptive work, bringing grace and healing to ourselves and others. Let us contemplate the mystery of Christ's wounds and how they transform our own trials into instruments of salvation. Suffering is an inevitable part of the human experience. Yet, it is not the suffering itself, but our response to it, that makes all the difference. When we respond with trust in God and a willingness to unite our pain with Christ's Passion, suffering becomes a pathway to grace and growth.

The sacraments of the Church offer profound healing and strength in these moments. In the Sacrament of Reconciliation, we find forgiveness and renewal, while in the Eucharist, we receive the Bread of Life, which sustains us in our trials. The Anointing of the Sick brings comfort, healing, and a deep awareness of Christ's presence in our pain. Through the sacraments, we are reminded that we are never alone in our suffering-Christ walks with us, transforming our pain into a source of redemption and hope.

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

Do I trust in God's providence, even in moments of pain or illness?

Have I shown compassion to those who are suffering or in need of care within my family and community?

Have I thanked God for the blessings of health, care, and support in my life?

Spend a few moments in silent prayer, asking for forgiveness and the grace to embrace suffering with faith and love.

Hymn: (*A hymn of contrition, repentance or forgiveness*)

Prayer of Thanksgiving:

All: *Sing the antiphon of the song "Oh give thanks to the Lord for He is good..."* or any other.

For the gift of health: Lord, we thank You for the times we have experienced good health and vitality. May we never take this gift for granted.



For healthcare workers: We thank You for doctors, nurses, caregivers, and all those who dedicate their lives to the care of the sick. Bless their work and strengthen them in their mission.

For medical advancements: Lord, we praise You for the knowledge and technology that have improved the treatment and care of illnesses.

For the grace of faith in suffering: Thank You, Lord, for the strength You give us to endure and for the hope that suffering united with You can bring eternal reward.

Hymn: No. 133 Give thanks with a grateful heart. (*Joyful Celebration*) or any other.

General Intercessions:

Response: Lord, hear our prayer.

Lord, we pray for the sick and suffering; be close to those who are enduring illness or pain in our family and Parish community. May they find comfort in Your presence and strength in their trials. We pray.

For the caregivers and healthcare workers: Bless those who minister to the sick, giving them compassion, patience, and perseverance in their service. We pray.

For those without access to healthcare: Lord, we pray for the poor and marginalized who lack basic medical care. Inspire leaders to provide resources and support for them. We pray.

For families of the sick: Lord, strengthen those who care for loved ones in their time of need, and grant them peace and courage. We pray.

For the dying: Lord, grant those approaching the end of life the grace of a holy death and the consolation of Your love. We pray.

For all gathered here: May we grow in faith, learning to embrace suffering as a means of drawing closer to Christ and offering it for the redemption of the world. We pray.

Our Father...

Benediction:

The Divine Praises:

Closing Hymn:

-Commission for Liturgy
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