



02 May 2025
HOLY HOUR

Introduction:

"The Master is here, and He calls for you." Jesus fulfils his promise to be with us always through the institution of the Eucharist. Through it, the disciples of all ages feast in his presence continually; receiving spiritual nourishment that transcends time and space. Let us worship and adore our Risen Lord with our hearts filled with gratitude and reverence. Like Peter and the other Disciples, there are times when we find ourselves labouring through the days, striving and struggling in our own efforts with no apparent results. Yet, in the midst of our daily toils, the Lord comes to us, offering guidance and sustenance; making us say aloud with certitude, *"It is the Lord"*.

(Pausefor Moments of Silent and Personal Adoration...)

Hymn: *A Hymn of praise and worship before the blessed sacrament.*

Response: Risen Lord, we thank You

For the privilege to spend this time in sacred communion with you and for the blessing it brings us,

For the good health, the protection and provision of your love that never fails us and our loved ones,

For the Sacraments that nourishes, sustains and heals us, especially in the Holy Eucharist and the Sacrament of Reconciliation,

For the love of family, the support of friends, the guidance of mentors and for everything that helps us experience goodness and love,

For the knowledge and experience gained, work accomplished and relationship nurtured,

For your abiding presence that keeps our hope alive in our challenging times,

(Pausefor Moments of Silent and Personal Prayer)

Response 2: Risen Lord, deliver us.



From the darkness of sin and its consequences,
From the chains of doubt and despair that blinds us from the Divine mercy of God,
From our evil tendencies, our predominant faults and from lukewarmness in our faith and love
for You,
From our pride and prejudices that blinds us from seeing the good in others,
From indifference to the suffering of our brothers and sisters,
From the temptation of undue power, fame, or other worldly pleasures,

Hymn: 283. *New life, new life, you came to bring us new life or any other appropriate hymn.*

Leader: The desires for God and for His Words in the Scripture are special graces given to us. Our search for God is a result of His call to us. As St. John of the Cross said, “we seek God because God first sought us and is passing close by when we think of Him” Will our hearts burn within us when we listen to Him in the Scripture? Let us dispose our hearts for this encounter.

Hymn to the Holy Spirit: 304. O Spirit, Source of Wisdom (*Joyful celebration hymnal*) or any other.

Scripture reading: Jn 21:1-14 (*Pause*)

Reflection:

The disciples, weary and uncertain after Jesus’ death and resurrection, return to what they know—fishing. But their night at sea yields nothing. Empty nets, empty hearts. Then, at dawn, a familiar yet unrecognized figure stands on the shore. With a simple directive—“Cast the net on the right side of the boat”—Jesus transforms their emptiness into abundance.

God Meets Us in Our Emptiness: Like the disciples, we often labour in the dark, striving in our own strength, yet finding little fruit. We know the frustration of waiting, the exhaustion of effort without results, and the hidden fear that perhaps we have failed. But Jesus meets us in our emptiness. He gently redirects our efforts, reminding us that fruitfulness comes not from our skill, but from our obedience to His voice. What areas in our life feels fruitless or frustrating? Perhaps Jesus is calling us to cast our net differently—to trust Him anew.

Recognizing the Lord in the Ordinary: The disciples don’t recognize Jesus at first. Isn’t that often the case in our own lives? The Lord comes to us in the familiar—a conversation, a moment of silence, a shared meal—but we don’t always see Him. Yet when we listen to His voice and follow His gentle promptings, we suddenly realize: He was here all along.

A Simple Meal, A Profound Encounter: One of the most moving parts of this passage is that the risen Lord, the conqueror of sin and death, does something so simple, so human: He cooks. “Come, have breakfast,” He invites them. This is not just a meal; it is an act of love. Jesus knows their weariness. He doesn’t rebuke them for returning to fishing. He feeds them—body and soul. How often do we miss the sacredness of simple, shared moments? A meal with family, a quiet morning with God, a friend’s encouraging words—these, too, are encounters with Christ.



The Risen Jesus Still Invites Us: This passage is about more than a miraculous catch. It is about renewal, recognition, and communion. Jesus doesn't just provide fish; He restores His disciples. He calls them back into mission, preparing them for the life that lies ahead. Today, He does the same for us. In our fatigue, in our doubts, in our daily struggles, He stands on the shore of our lives, calling us to recognize Him anew. "Come and eat." Come and be filled. Come and be renewed. Let us listen for His voice, trust His direction, and allow Him to turn our empty nets into overflowing abundance. It is the Lord. Let us run to Him. May we heed His call to cast our nets on the other side of the boat, the side we are reluctant to cast, because of our past unfulfilled and fruitless attempts. May the risen Lord fill us with new hope. May His grace and blessings, be overflowing in our lives and spilling out to others.

(Moments of Silence..... for self-examination of Life)

Do we allow the Lord to be a companion of our life's journey and take part in our conversations and decisions of life?

After pouring out our heart to the Lord in joy or sorrow at prayer, do we take time to listen and understand the inner stirring of our hearts, where the Risen Lord speaks?

How has our daily encounter with the Lord in the Holy Eucharist and the other Sacraments impacted our lives and relationships with God and our neighbour? Has it been making us more selfless and more forgiving?

Hymn: 38 Alleluia, alleluia give thanks to the risen lord (*Joyful Celebration hymnal*)

CONSECRATION TO THE SACRED HEART OF JESUS - (by St. Margaret Mary: Adapted)

Most Holy Heart of Jesus!
We give ourselves entirely to you.
We offer you our lives, our actions, our works, our sufferings.
We choose to give you our entire love.
We want only to belong to you.
We want to honour and glorify you.
Be our protection in life, our promise of eternal salvation.
Be our strength in our weakness and wavering.
Be the atonement for all the sins of our lives.
O Heart of meekness and goodness,
Be our refuge when we die.
Lord and Saviour, by your all-embracing love,
We beg you to write our names deeply
In your Most Holy Heart.
Let it be our joy and glory to live and die in your service.

General Intercessions:

Response: Lord, listen to your people praying. (*Sing or Recite*)



That the gift of peace of the Risen Lord may rest in the hearts of people of every nation and race, to end the conflicts and war which destroys and divide our world. We Pray,

For our Church leaders; that they may be the face of our compassionate and merciful God to all within our faith community and to everyone. We Pray,

For the Christian community all over the world that we may be filled with the Holy Spirit, guiding and strengthening us to live a life of witness in this challenging time. We Pray,

That the faithful departed in our Parish community may share in Christ's victory over sin and death and enjoy life eternal. We Pray,

That our encounter with the Risen Lord through his Word and the Eucharist and other Sacraments may make his love come to perfection in us. We Pray,

(Pause for silent personal intentions)

Hymn: Let us bow in adoration

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:

Commission for Liturgy
Archdiocese of Bombay
www.liturgycentrebandra.org