



## **HOLY HOUR FOR OCTOBER**

*“In the Service of Life: Healing with the Heart of Christ- Jubilee of the Healthcare workers”*

**Hymn:** *(O Sacrament most Holy.... or any other hymn of adoration and praise)*

*(Silent moments of personal adoration.....)*

### **Introductory Prayer:**

Jesus our Eucharistic Lord, we adore and praise You. You are hidden in the humility of the Host, yet reigning as Lord of Heaven and Earth. We thank you for the privilege of this hour of prayer before your healing presence. We offer You, all our joys and the gratitude we hold for the blessings of life. We also surrender before You, the burdens that weigh our hearts—the wounds of a hurting world and the needs of all those who serve to lessen suffering.

We pray for all the healthcare workers in our Parishes and Archdiocese. Bless the hands that heal, the hearts that comfort, and the minds that seek remedies. Grant them resilience in exhaustion, compassion in pressure, wisdom in uncertainty, and above all, the grace to see in every patient Your wounded yet glorious face. Keep them safe, renew their strength, and fill their service with Your love.

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

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

Lord Jesus, Divine Healer and Compassionate Friend, You walked among the sick, the weary, and the forgotten, and You made them whole with Your touch and Your word. We kneel before You now, present in this Sacrament of love, where Your healing power flows silently into the world. Touch our hearts with Your compassion. Touch our hands that they may serve with gentleness. Touch our minds that we may think with wisdom. Touch our spirits that we may persevere with hope. Jesus in the Eucharist, be our strength in weariness, our peace in anxiety, our joy in service, and our companion in the long nights of waiting. Stay with us, Lord, for without You our work is only a task—but with You, it becomes a ministry of love.

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

### **Prayer to the Holy Spirit before Scripture Reading:**

Come Holy Spirit, and make our minds and hearts a fertile ground for the seed of Your Word. May we welcome Your truth without resistance. May Your Word awaken in us, a desire to follow Christ more faithfully. Prepare us to listen, to ponder, and to live the Word with humility, love, and courage. Amen.

**Scripture reading:** Luke 10:33–35

**Reflections:**

In this Gospel, Jesus tells us that true neighbourliness is measured not by proximity, profession, or religion, but by compassion in action. Healthcare ministry, whether in hospitals, clinics, homes, or streets, is an echo of the Samaritan's journey. It is bending over wounds the world does not want to see. It is risking one's comfort to uphold the dignity of another.

To heal is more than to treat, it is to accompany. Sometimes healing means curing a disease; sometimes it means holding a trembling hand in its final hours. Both are holy. Both proclaim that each life is precious. In the healing ministry, skill, faith and compassion must walk hand in hand, even when the path is steep.

At this hour of prayer before Jesus, the Divine Physician, we place every caregiver, nurse, doctor, therapist, chaplain, volunteer, and family member who daily chooses mercy over indifference. We place also the sick, the lonely, the terminally ill, and those who feel abandoned. In the Eucharist, Christ shows us the perfect model of care: He gives Himself entirely. And He whispers to every healthcare worker: *"Do likewise but do it with Me, so that your strength will not fail."*

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

#### Points for Examination of Conscience:

##### *Attitude toward Suffering*

Do I see suffering—my own and that of others—as a meaningless burden to avoid at all costs, or as a mystery to be met with compassion and faith?

Have I turned away from someone's pain because it was inconvenient, uncomfortable, or challenged my peace?

##### *Care for the Sacredness of Human Life*

Do I truly believe that every human life, from conception to natural death, is sacred and worthy of protection, even when weak, disabled, or aged?

Have I allowed prejudice, weariness, or utilitarian thinking to lessen my respect or care for those society deems "less useful" or "too much trouble"?

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

#### **General Intercessions:**

**Response:** Lord, hear our prayer.

*For the Church:* that she may be a field hospital for the wounded of our time, offering the healing love of Christ through word, sacrament, and compassionate presence. Let us pray to the Lord.

*For healthcare workers, caregivers, and all who serve life:* that in moments of fatigue and challenge, they may find strength in the Heart of Christ and joy in the lives they touch. Let us pray to the Lord.

*For those who suffer in body, mind, or spirit:* that they may encounter Christ the Divine Healer through the care of others, the support of the community, and the gift of hope. Let us pray to the Lord.

*For leaders and policymakers:* that they may protect the dignity of every human life, ensuring just and compassionate healthcare for all, especially the poor and forgotten. Let us pray to the Lord.

*For our own community:* that we may be attentive to the suffering around us, quick to respond with tenderness, and faithful in serving life at every stage. Let us pray to the Lord.

*For the departed who served others with Christ's compassion in this life:* that they may be welcomed into the eternal joy of God's kingdom. Let us pray to the Lord.

*(Pause for silent personal intentions ....)*

### **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:**

Commission for Liturgy  
Archdiocese of Bombay

[www.liturgycentrebandra.org](http://www.liturgycentrebandra.org)