



## HOLY HOUR FOR DECEMBER

*“Be on guard, keep awake. For you do not know when the time will come.” Mk 13:33-34*

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

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

Dear Friends, as we enter the grace-filled season of advent, we are invited to enter into the spirituality of *advent* which is *waiting*. Waiting, in its deepest spirituality, is a lavish act of love. It is not passive delay, but a hopeful attentiveness that believes something sacred is unfolding, even when unseen. It listens more than it demands, watches more than it grasps. True waiting is willing to risk—risk disappointment, vulnerability, even the appearance of “wasting” time—because love knows that nothing given in patience is ever truly lost. It trusts that God’s timing ripens all things, and so it waits with open hands, generous heart, and quiet courage. As we adore our Eucharistic Lord here and now; we place before Him our joys, hopes and our struggles. We also bring the cry of the suffering humanity for peace and liberation.

May this Holy Hour strengthen us to remain awake, watchful, and faithful in our journey of discipleship 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 and Personal Prayer)*

**Hymn:** *(An Advent hymn or a hymn of praise and worship)*

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

### ***Invocation to the Eucharistic Presence***

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.

*(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.

May the living Word soften what is hardened within us, heal what is wounded, and stir what has grown weary. Let it shape our choices, purify our intentions, and guide our steps along the path of life. May Your Word become flesh in our daily actions, so that others may encounter Your light through us. **Amen.**

### **Scripture reading: Mark 13:33-37**

**Reflections:** The message of Jesus is clear: “*Stay awake.*” Advent is not only about preparing for Christmas celebrations, but about preparing our hearts worthy for Christ. Vigilance in the Gospel sense is about *attentive love*. To stay awake is to notice God’s presence in our daily life, in our moments—in the faces of the poor and needy, in the quiet stirrings of our own conscience before and after every action.

In Advent, hopeful vigilance means actively preparing the way of the Lord:

- Like the wise virgins who kept their lamps burning with the oil of inner life of grace that sustains us in moments of delay and trial.
- Like Mary, who awaited the birth of Jesus with a heart full of trust, silence, and hope, allowing His presence to grow within us day by day.
- And like John the Baptist, bearing witness to the truth with courage, preparing a straight path for the Lord in our own hearts and around, even when it demands sacrifice, or misunderstanding.

Vigilance, openness, and fearless witness—these three attitudes shape the spirit of Advent, as we await not only the celebration of Christ’s birth, but also His coming again in glory. In the dark night of our present age, vigilance protects us from the numbness of indifference and distraction. It keeps our hearts awake to injustice, resisting the subtle pull of selfishness and comfort. It allows us to discern truth amid the noise of competing voices, to guard our hearts against despair, and to remain steadfast when faith feels fragile. True vigilance keeps the flame of hope alive, so that when the Lord comes—He finds us ready, faithful, and alive with love.

**Hymn: 365 - Joyful Celebration.** *Stay awake, the Master is coming or any other Advent hymn*

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

### **Points for Examination of Conscience:**

In silence, let us ask ourselves:

Am I spiritually awake, or have I allowed routine and comfort to dull my faith, or am I caught up in busyness that leaves little room for a personal relationship with God?

What is one concrete step I can take this Advent to stay watchful in prayer, hopeful in faith, and active in love?

*(Silent adoration, about 5–7 minutes)*

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

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

**General Intercessions:**

**Response:** *Come Lord Jesus.*

For the Church, that she may remain faithful and vigilant in proclaiming the Gospel during this Advent season and always. *We pray to the Lord.*

For the leaders of all nations, that they may govern with integrity and promote peace, especially in places torn by war and division. *We pray to the Lord.*

For families, that Advent may be a time of prayer, reconciliation, and preparing hearts more than the decoration of our homes for Christmas. *We pray to the Lord.*

For the poor, the lonely, and the sick, that they may find comfort and strength in Christ who comes as Emmanuel, God-with-us. *We pray to the Lord.*

For all of us gathered here, that this Holy Hour may awaken us to God's presence and inspire us to live with joyful vigilance each day. *We pray to the Lord.*

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

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

**Concluding Prayer:**

Lord Jesus, Light of the world, as we conclude this time of adoration, keep our hearts awake and watchful for Your coming. Deepen our hope, and strengthen our desire to walk in Your ways. In the midst of darkness, make us bearers of Your light; in the face of doubt, grant us steadfast faith; and in moments of delay, teach us patient love. May Your Word take root in us, purify us, and prepare us for the joy of Your presence. As we leave this place, remain with us, guiding our steps with Your gentle brightness. We make this prayer through Jesus—our hope, our peace, our Emmanuel. **Amen.**

**Benediction:**

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Archdiocese of Bombay  
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