



Holy Hour for 6 February 2026

“Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need.” (Hebrews 4:16)

Hymn: A hymn of adoration and worship.

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

Introduction: Pope Leo XIV has chosen the theme for the 34th World Day of the Sick, which will be celebrated on February 11, 2026: “The compassion of the Samaritan: loving by bearing the pain of the other”. The theme of the World Day of the Sick, focusing on the Gospel figure of the Good Samaritan who shows love by caring for the suffering man who fell into the hands of thieves, highlights this aspect of love of neighbour: love needs concrete gestures of closeness, through which we enter into the suffering of others, those who are ill, especially those who at the same time experience poverty, isolation, and loneliness. It is a privileged moment of prayer, spiritual closeness, and reflection for the entire Church and for civil society, who are all called to recognize the face of Christ in our sick and vulnerable brothers and sisters. Like the Good Samaritan who bent down to help the injured man along the road, the Christian community is also called to stop and help those who suffer and be evangelical witnesses of closeness and service to the sick and most vulnerable.

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

Hymn: Any Hymn to the Holy Spirit

Scripture Reading: Lk 10:30-37

(Pause..... for few moments after the Scripture Reading)

Reflection:

As he journeyed, the Samaritan came to where the wounded man was—**there was a physical presence** - visiting the sick at home, in the hospitals or in care homes can bring great healing and comfort to the sick and dying. When he saw him, he had compassion—**there's empathy, sympathy, emotional connection** – being with the sick and ailing brings peace, serenity and well-being to the person. He went to him and bound up his wounds, pouring on oil and wine—**there's medical care** – we can help people who need care by volunteering to do little acts of kindness, especially those who are alone or homebound or have no one to assist them to help them with a visit to the doctor or even to purchase medicines, or to do lab tests and other medical necessities. Then he set him on his animal and brought him to an inn—**there's transportation and providing shelter**—and took care of him – we can assist the sick in our homes or in our neighbourhood by helping them and caring for them and even use our spare time to take them to the hospital when needed. The next day, he took out two denarii and gave them to the innkeeper, saying, “Take care of him; I'll pay the bill.” **There's financial aid** – we can assist the sick especially the poor and underprivileged by paying for the expenses of the hospital bills or even to buy medicines for them.

Care for the sick is witnessed to by various charisms represented in our midst today: doctors, nurses, hospital administrators and staff; in the persons of care-givers, family members, the social services and

our ambulance services - these charisms are represented by priests, sisters, by hospital chaplains and representatives of parishes and associations of Christian life and anyone who assist the sick. Likewise, this celebration challenges us all to work for renewal of our Church so that it can truly be a community built up around the message and the presence of Jesus Christ, a community which within itself is a place of healing and support; a community which through its own life witnesses to that light and hope which come from Christ alone.

Hymn: An appropriate hymn may be sung

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

Points for examination of conscience

*The Good Samaritan didn't consider the victim's background before stepping in. Are we willing to set aside our own prejudices to help others? Can we look past differences and see the humanity in everyone? **Help Without Hesitation.** It calls us to notice and respond to those on the margins, whether they're struggling financially, emotionally, or socially. **Empathy overcomes prejudice.** When we centre our attention on helping the vulnerable, we create a more inclusive and empathetic world. **Kindness without expectations.** Be present for those on the margins, those who are poor financially, the vulnerable, those struggling in pain, those who have no one to help or support them.*

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

The Holy Spirit is present among us at this moment as we gather as a Christian community in prayer. We pray that our sick brothers and sisters will be strengthened by the presence of the Spirit, especially at those moments in which they feel discouraged or anxious or fearful or alone.

General Intentions

After each petition, please respond "Hear us, O Lord, and have mercy."

Healing to all the sick in our hospitals, nursing homes, rehabilitation centres or care facilities, and in their homes

Comfort to those who have recently been diagnosed with a grave disease or who are undergoing treatments that make them ill

Peace to the depressed, emotionally distraught and to those with mental illnesses whose minds play tricks on them and who lose their grip on reality.

Tranquillity to those with dementia who are forgetting their loved ones and their precious memories

Patience to those with chronic or debilitating diseases that rob them of energy, vigour, strength, mobility and hope for their futures.

Joy to children whose illnesses have limited their ability to be with their friends and families and play as children should.

Perseverance to our wounded warriors suffering physically or mentally from the injuries they have incurred or sights they have seen in war.

Release to those with addictions to food, drugs, alcohol, tobacco, pornography, sex and other addictions that rob the dignity of the human spirit and lead to illness, crime, and death

Strength to our employees who are suffering from illnesses that make coming to work or doing their work difficult

Consolation to those who grieve the death of a loved one, a dream or vision of the future.

Forgiveness for broken relationships with spouses, children, parents, friends, coworkers, employers.

Resourcefulness to those lacking the basic necessities of life due to unemployment, underemployment, the unequal distribution of the world's goods and natural disasters in our own country and around the world.

For all of the sick in mind, body and soul, we pray . . .

R. Hear us, O Lord, and have mercy.

(Pause for silent personal intentions)

Benediction:

The Divine Praises:

Closing Hymn:

Commission for Liturgy
Archdiocese of Bombay
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