



01 May 2026

HOLY HOUR

(“Be still, and know that I am God” – Ps 46: 10)

Hymn: Be Still and Know That I Am God – (Joyful Celebration Hymnal – 56)

(Pause... for Moments of Silent and Personal Adoration before the Eucharistic Lord)

Introduction:

Lord Jesus, in this holy hour we come to rest in Your presence. Teach us the grace of silence, that we may hear your voice and find peace in you. Lord Jesus, present in the Blessed Sacrament, we come before you in quiet reverence, seeking the peace that only your presence can give. In the stillness, we lay down our burdens, our restless thoughts, our weary hearts. Teach us to rest in you, to find strength not in striving, but in surrender. Silence surrounds us, yet it speaks of your love. In the gentle hush, we hear your whisper: “Be still, and know that I am God.” May this holy silence heal our souls, calm our anxieties, and renew our spirits. Grant us the grace to dwell in your rest, to abide in your peace, and to carry this silence into the noise of the world. Jesus, our rest and our refuge, remain with us always.

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

Hymn: Father, we love you (Joyful Celebration Hymnal - 123).

Leader: Leader: Lord Jesus, you invite us to come to you when we are weary and burdened.

Response: Grant us rest in your presence, O Lord.

Leader: In the midst of our busy lives, teach us the gift of holy silence. **(Res.)**

Leader: When our hearts are restless and troubled, calm us with your peace. **(Res.)**

Leader: In moments of prayer, help us to listen more than we speak. **(Res.)**

Leader: May silence open us to your Word and deepen our love for you. **(Res.)**

Leader: May our homes and communities be places of peace and quiet trust. **(Res.)**

Leader: In silence, may we carry your presence into our daily work and relationships. **(Res.)**

Leader: Lord Jesus, you are our rest and our peace. **(Res.)**

Leader: Loving God, you who created the heavens and the earth, and who rested on the seventh day, teach us the grace of slowing down. Grant us moments of peace, where our hearts find stillness and our



minds are freed from burdens. Bless our times of leisure, that they may refresh our spirits, renew our joy, and draw us closer to you. May our rest be holy, our laughter be healing, and our quiet moments be filled with your gentle presence.

Hymn: No. 363 – Spirit of the living God, fall afresh on me (*Joyful Celebration hymnal*)

Psalm 62: “My soul finds rest in God alone; my salvation comes from Him.”

My soul finds rest in God alone. When the world shakes, when voices rise, I lean into His silence, and there I discover unshakable peace. He is my rock, my salvation, my fortress. No storm can break me, no enemy can undo me, for I stand on His strength, not mine

People may plot; they may flatter with words and wound with whispers. But human power is a breath, a shadow that fades with the setting sun. Only God endures. Pour out your heart before Him. Do not hold back your tears, your fears, your longings. He is a refuge, a safe place for every soul.

Do not set your hope on wealth, for riches are like sand slipping through fingers. Do not chase power, for it crumbles like dust in the wind. Instead, anchor your hope in God. One thing God has spoken, two things I have heard: Power belongs to God, and unfailing love is His gift. He rewards each heart, not by appearances, but by truth.

Matthew 11:28–30: “Come to me, all you who are weary and burdened, and I will give you rest...”

“Come to me, all you who labour and are burdened, and I will give you rest.” In these words, Jesus offers more than comfort—He offers Himself. Our struggles, anxieties, and weariness find their answer not in escape, but in His presence. Resting in God means laying down the weight we carry and trusting that His love is enough. It is a gentle invitation to stop striving, to breathe deeply, and to let His peace renew our hearts. True rest is not the absence of work, but the assurance that we are held, guided, and loved by the One who calls us His own.

The rest Christ offers is deeper than physical relief. It is the quiet assurance that we are not alone, that our struggles are carried with Him. This rest is freedom from fear, a calm that endures even in the midst of life’s storms. It is the soul’s Sabbath, where we learn to trust His grace. When Jesus says, “Come to me,” He opens His arms to all—no one is excluded. Resting in God is not escape but belonging. It is knowing that we are welcomed, cherished, and renewed. In Him, we find the strength to rise again, not by our own power, but by His mercy.

Resting in God is not passive; it is an exchange. We lay down our heavy loads and take up His yoke, which is light. In surrender, we discover joy. In trust, we find peace. His rest is not the end of the journey, but the strength to walk it with Him.

(Pause..... for Moments of Silent and Personal Reflection and Examination of Conscience)



Hymn: Soul of My Saviour or any other hymn

Invite participants to close their eyes and breathe deeply.

- Reflect on laying down burdens.
- Imagine resting at the feet of Jesus in silence

Leader: “Lord, in silence we lift our hearts to You.”

Response: “Grant us Your peace.”

Lord Jesus, you who invite all who labour and are heavy laden to come to you, we lift up those weighed down by struggles, fatigue, and sorrow. Grant them rest in your presence, strength in their weakness, and hope that renews their spirit. **(Res.)**

Merciful Father, you are the source of all healing. We pray for those suffering in body, mind, or spirit. Touch them with your compassion, restore them with your grace, and surround them with caregivers who reflect your love. **(Res.)**

Prince of Peace, we entrust to you our homes, neighborhoods, and nations. Heal divisions, soften hardened hearts, and inspire reconciliation. May your peace reign in families, and may communities be united in justice, respect, and mutual care. **(Res.)**

Holy Spirit, teach us the gift of silence that listens deeply to your voice. Amid the noise of daily living, grant us moments of stillness, so that our words may be gentle, our actions thoughtful, and our hearts attuned to your presence. **(Res.)**

Hymn: Jesus, My Lord, My God, My All - (Joyful Celebration Hymnal - 221)

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

Concluding Prayer:

“Lord, you are our refuge and rest. In Your silence, we discover love. In Your peace, we are renewed.” Lord Jesus, as we prepare to receive Your blessing in this holy Sacrament, we come before you with hearts that long for peace and rest. You are our refuge and strength, our faithful companion in every trial. Teach us to trust in your providence, to surrender our worries, and to rest quietly in your loving presence. May your Eucharistic light calm our fears, heal our wounds, and renew our hope. Grant us the grace to abide in you always, to walk in faith, and to live as witnesses of your love. Stay with us, Lord, and let your blessing strengthen our trust, so that we may rest secure in you, now and forever. Amen.

Benediction: