



05 June 2026

HOLY HOUR

("Let anyone who thirsts come to me and drink. Whoever believes in me, as Scripture says: 'Rivers of living water will flow from within him.'" John 7:37–38)

Hymn: *Humbly we adore thee – (Joyful Celebration Hymnal – 179)*

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

Introduction:

O Sacred Heart of Jesus, flame of divine love, fountain of mercy, we come before you with hearts uplifted, to adore, to praise, and to surrender. Your Heart, pierced yet radiant, is our refuge and our strength. In your presence, our burdens grow light, our spirits rise in hope and joy. Lord Jesus, meek and humble of Heart, draw us into the fire of your love. Let our voices, our silence, our very being become a hymn of gratitude and praise. Sacred Heart of Jesus, we adore you, we praise you, we give you our hearts forever.

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

Hymn: *"Sweet Heart of Jesus, fount of love and mercy, today we come, thy blessings to implore..."*

- Sacred Heart of Jesus, burning with love, we praise You.
- Sacred Heart of Jesus, source of mercy, we adore You.
- Sacred Heart of Jesus, patient and tender, we thank You.
- Sacred Heart of Jesus, pierced for our salvation, we glorify You.
- Sacred Heart of Jesus, refuge of sinners, we trust in You.
- Sacred Heart of Jesus, fountain of compassion, we honour You.
- Sacred Heart of Jesus, joy of the faithful, we exalt You.
- Sacred Heart of Jesus, King and Friend, we love You.

Leader: The Sacred Heart of Jesus is not a distant symbol—it is His living love for me, beating with mercy and tenderness. His Heart knows my struggles, my weariness, my hidden wounds. When I feel burdened, He does not condemn me; He invites me to rest in Him. His meekness teaches me humility. His gentleness teaches me patience. His pierced Heart reminds me that love is stronger than pain, stronger than rejection, and stronger than sin. Today I am called not only to admire His Heart but to let my own heart be shaped by it—to become more forgiving, more grateful, more compassionate. The Sacred Heart is my refuge, my strength, and my joy.

Hymn to the Holy Spirit inviting us to draw near to the heart of Jesus the font of life and love:



Hymn: *Welcome Holy Spirit*

Reading: *Jn 19:30-37*

On the Cross, Jesus whispered, “*It is finished.*” With those words, He gave everything—His life, His love, His mission. Yet even after His death, His Heart was pierced, and from that wound flowed blood and water. It was as if His love could not be contained, as if His Heart had to remain open forever for us.

This moment is not only history—it is deeply personal. The pierced Heart of Jesus tells me that His love reaches me at my weakest, at my most broken moment. He does not hold back; He pours Himself out completely. The blood speaks of sacrifice, the water of cleansing and new life. Together they remind me that I am never beyond His mercy.

When I look at the Sacred Heart, I see a Heart that understands pain, rejection, and suffering—yet chooses love. I see a Heart that invites me to enter, to rest, to be healed. His Heart was opened so mine could be transformed.

The Sacred Heart is not just a symbol—it is the living proof that I am loved beyond measure. When I feel empty, rejected, or unworthy, I can look at His pierced Heart and know: Here is love that never ends. Here is mercy that never fails. Here is a Heart that beats for me. Sacred Heart of Jesus, pierced for love of me, draw me into Your mercy. Let the blood and water that flowed from Your Heart wash me, heal me, and make me whole.

Hymn: *Oh! The Love of my Lord is the essence (Joyful Celebration Hymnal: 308)*

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

Help for examination of conscience - *Sacred Heart of Jesus, I place myself before you just as I am. You see my life, my thoughts, my actions, my failures and my hopes. I look within and I see where I have loved poorly, where I have been indifferent, where I have not been grateful. I bring all of this to You, without hiding, because Your Heart is gentle and merciful. Lord, make me honest with myself, so I may understand who I truly am. Take my weakness and my sins, and shape my heart to be more like yours—humble, patient, and full of love.*

Sacred Heart of Jesus, attune my life to your mercy. Let me live each day in gratitude, in compassion, and in trust. I give you my heart; make it burn with your love. Sacred Heart of Jesus, so tender, so patient, so full of love, I kneel before you with sorrow in my heart. Too often I have wounded you by my indifference, by failing to love as you love, by turning away when you called me to come closer.

Forgive me, Lord, for the coldness of my heart, for the times I have taken your mercy for granted, for the ingratitude that has silenced my praise. I offer you my weakness, my failures, my sins— not to excuse them, but to place them into the fire of your Heart that purifies and renews.

Sacred Heart, I desire to love you more, to console you with my trust, to repair with my prayers and sacrifices the wounds caused by indifference in the world. Take my heart, Lord, and make it yours— a heart that beats with gratitude, a heart that burns with love, a heart that never grows weary of praising you. Jesus, meek and humble of Heart, make my heart like unto yours.



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

Hymn: *Lay your hands gently upon us (Joyful Celebration Hymnal – 235)*

Intercessory prayers

Sacred Heart of Jesus, bless your Church with holiness and unity.

Response: Sacred Heart of Jesus, hear our prayer.

Sacred Heart of Jesus, protect our families with your tender love.

Sacred Heart of Jesus, console the sick and suffering with your mercy.

Sacred Heart of Jesus, guide our youth to walk in truth and purity.

Sacred Heart of Jesus, bring peace to nations torn by war and division.

Sacred Heart of Jesus, forgive us for our sins of indifference and ingratitude.

Sacred Heart of Jesus, strengthen the weak and lift up the weary.

Sacred Heart of Jesus, inspire us to love our neighbours with compassion.

Sacred Heart of Jesus, renew our hearts in gratitude and trust.

Sacred Heart of Jesus, draw us ever closer to your divine love.

Concluding Prayer:

Sacred Heart of Jesus, I give you my heart, my life, my everything. Take what is weak and make it strong, take what is wounded and make it whole, take what is selfish and make it loving. I consecrate myself to your Heart, to live in your mercy, to walk in your truth, to remain in your love. Sacred Heart of Jesus, be my refuge in trials, my strength in weakness, my joy in sorrow, and my peace in every moment. I place all my trust in you, now and forever. Amen.

Act of consecration to the Sacred Heart of Jesus:

Most Sacred Heart of Jesus, Abyss of Mercy and Source of every grace and blessing, I consecrate and unite myself to You without exception or reserve – all that I am and all that I have, both temporal and spiritual, past, present, and future, through the Immaculate Heart of Mary, your mother. I leave myself entirely at your disposal with complete confidence in your Mercy and Love, and beg you to look upon my offering and use me for your own glory, for the honour of your mother, and for the salvation of souls. Help me to seek you alone in all things. Hide me in the shelter of your Most Sacred Heart and be my only consolation and refuge.



Grant me the graces I need to joyfully accept the Cross daily, to lead a holy life, and to die a holy death in your service. Help me to trust completely in your Mercy and Love and never to fear to humbly throw myself before the infinite ocean of mercy which is your Most Sacred Heart. Through this weak and miserable instrument that I am, may your Mercy, Love, glory and power shine forth. Above all, set my heart on fire with the Flame of Love which burns in your Most Sacred Heart, and teach me how to return love for your Love. Most Sacred Heart of Jesus, have mercy on me. I put all my trust in You.

Benediction:

www.liturgycentrebandra.org