



03 July 2026

HOLY HOUR

("You shall stand up before the grey head and honour the face of an old man, and you shall fear your God: I am the LORD." — Leviticus 19:32)

Theme

Pope Leo XIV has chosen "I will never forget you" (Is 49:15) as the theme for the Sixth World Day for Grandparents and the Elderly. The World Day, instituted by the late Pope Francis in 2021, is celebrated every fourth Sunday of July and is presented as an opportunity to bring the closeness of the Church to the elderly and to enhance their contribution within families and communities. This year, the date coincides with the feast of Saints Joachim and Anne, Sunday, July 26. Taken from the Book of the Prophet Isaiah, the chosen verse is meant to be a message of consolation and hope for all grandparents and elderly people, especially those who live in loneliness or feel forgotten. At the same time, it is a reminder to families and ecclesial communities not to forget them, recognizing in them a precious presence and a blessing. The Pope's choice highlights how God's love for every person never fails, not even in the fragility of old age.

Hymn: *Holy God we praise thy name (Joyful Celebration No. 175)*

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

Introduction:

Lord Jesus, my Savior and Friend, I come before You in silence and awe. You are here — truly present — in this humble Sacrament of love. My heart bows before You, my God and my King. I praise You for Your mercy that never ends, for Your love that seeks me even when I wander. You know me completely, and yet You love me still. How wonderful are You, Lord — gentle, patient, and kind. In Your presence, I find peace. In Your gaze, I find healing. In Your Heart, I find a home. Jesus, I adore You. You are my Bread of Life, my Hope, my Joy. Stay with me, Lord, and let my heart rest in You.

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

Jesus, I come before You with love in my heart. I adore You; I thank You, and I want to stay close to You. You know my joys and my burdens, my family and all those I hold dear. Bless my parents and grandparents, who have shown me faith and love, and keep them always in Your care. Let this hour be my gift to You, Lord— a time of praise, a time of quiet love, a time of resting in Your Heart.

Loving Father, we thank You today for the gift of our grandparents and all the elderly among us. Their lives are living testimonies of faith, perseverance, and love. Bless them with health, peace, and joy, and let us, their children and grandchildren, honour them with gratitude and tender care. May their wisdom continue to guide us, and may their prayers strengthen our families.

Hymn: *All I ask of you is forever to remember me (Joyful Celebration No. 24)*



Lord, you have blessed us with hearts that first taught us love — through the gentle hands of our parents, and the wise, tender smiles of our grandparents. They are the roots of our faith, the first voices that whispered Your name, the steady lights that guided our steps when we were small. In their patience, we see Your mercy; in their sacrifices, we glimpse Your Cross; in their laughter, we taste the joy of Your Kingdom.

You have crowned their years with grace, and filled their days with memories of love. Their stories are seeds of hope planted in our hearts. Bless them, O Lord, with peace and strength. Let their wisdom continue to shine among us. May their prayers guard our homes, and their example lead us closer to You.

For through them, we have learned to trust, to forgive, to serve, and to believe. Their love is a reflection of Yours — ever faithful, ever giving, ever true. Praise be to You, Lord of generations, for the gift of family and the grace of belonging. May our lives honour those who have loved us first, and may we carry their faith into the future.

Hymn: *Sing life, sing love, sing Jesus (Joyful Celebration No. 351)*

Reading: (Is 49: 15-18)

“Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you! See, I have engraved you on the palms of my hands; your walls are ever before me. Your children hasten back, and those who laid you waste depart from you. Lift up your eyes and look around; all your children gather and come to you. As surely as I live,” declares the LORD, “you will wear them all as ornaments; you will put them on, like a bride. (Is 49: 15-18)

Reflection:

This tender promise of God reminds us that His love is deeper than even a mother’s love for her child. For our seniors and grandparents, who have carried families with sacrifice, wisdom, and faith, this passage is a gentle assurance: *“I will not forget you.”* In their later years, when strength may fade and memories grow dim, God’s words are a comfort—engraved on His hands, they remain forever cherished. Just as children return to their parents and grandparents with gratitude, so too does the Lord gather His beloved ones, clothing them with honour like a bride adorned with jewels.

Pope Francis consistently highlighted the dignity, wisdom, and indispensable role of grandparents and the elderly, reminding the Church and society that they are never forgotten by God and must never be cast aside. He stressed that old age is a blessing, not a burden, and that elders are the foundation stones upon which younger generations build.

Pope Leo XIV speaks “Through the prophet Isaiah, the Lord promises that he will never forget any of us. He assures us that he has engraved our faces on the palms of His hands and that His love is greater than a mother’s love for her child (cf. Is 49:15). The prophet gives us a glimpse of an intimate and intense dialogue in which God addresses, in familiar terms, each person individually and the people as a whole, saying that even today, we can read these words as referring to each of us.

These words that fill us with comfort and hope, he said, are the answer to an agonizing feeling that troubles



the heart: “The Lord has forsaken me; my Lord has forgotten me” (Is 49:14). The Pope acknowledged that quite a few elderly people share the painful feeling of being forgotten, especially as they experience loneliness or sometimes being reduced to a bed number or illness. Pope Leo said that the celebration of the World Day of Grandparents and the Elderly is an opportunity to rediscover that the Church is called to be a mother to all, and that at any age, “it is always possible to recognize ourselves as sons and daughters of God.”

The Holy Father also invited everyone, especially the young, "to revive the beautiful custom" of visiting their grandparents, elderly relatives, and even those who have no one to visit them. “Bring them, through this message and your presence, the closeness and affection of the Pope,” he said, as he called on loved ones to offer their grandparents and their elderly loved ones a tender and affectionate encounter. He reiterated that the Church understands the suffering of her elderly members. It is a joy, at any age, but especially when we are no longer young, to discover, as Blessed John Paul I said, that we are the recipients of God’s “undying love,” that He “always has His eyes open on us, even when it seems to be dark,” and “is our father; even more, He is our mother.”

Quiet moments of reflection

Leader: Loving Father, we thank You today for the gift of our parents and grandparents.

Response: *Lord, bless them abundantly.*

Leader: For their sacrifices, patience, and tireless love that shaped our lives

Leader: For their wisdom, guidance, and faith that continue to inspire us,

Leader: For their gentle hands, kind words, and enduring example of fidelity,

Leader: May You grant them health, peace, and joy in their days,

Leader: May their legacy of love and faith remain alive in us and in generations to come,

Leader: Heavenly Father, we thank You for the precious gift of parents and grandparents.

Leader: For the joy of family traditions and the warmth of their embrace,

Leader: For the heritage of faith passed down through generations, a treasure beyond measure.

May we cherish them, care for them, and continue to walk in the path of love they have shown us.

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

Examination of conscience:

Merciful Lord, we come before You as a family, aware of our shortcomings and failings. Too often we have spoken words that wounded, or failed to show the love and respect our parents and grandparents deserve. Forgive us, Lord, for the times we were impatient, for the moments we did not listen, and for the occasions when gratitude was forgotten. Grant us Your mercy, that our hearts may be renewed in tenderness and humility. Teach us to honour our parents and grandparents with reverence, to cherish their sacrifices, and to walk in the wisdom they share.

May Your Spirit heal every hurt, restore broken bonds, and fill our homes with peace. Let our family be a living witness of Your love, where forgiveness flows freely and mercy is embraced daily. Compassionate Lord, we ask pardon for harsh words, forgotten kindness, and moments when love was withheld. Shelter us



with Your mercy, and teach us to forgive as You forgive. May our family be renewed in tenderness, patience, and mutual respect, so that Your love may shine through us.

Hymn: *Deep within my heart, I feel voices whispering to me.*

Intercessory prayers

Leader: Loving Father, we bring before You our family, united in faith and love.

- For our parents, who gave us life and nurtured us with care — may they be strengthened in health, joy, and peace.

Response: Lord, hear our prayer.

- For our grandparents, whose wisdom and faith guide us — may they be honoured, cherished, and comforted in their days.
- For our siblings, with whom we share life's journey — may our bonds grow deeper in love, patience, and forgiveness.
- For families wounded by division or misunderstanding — may Your Spirit bring healing, reconciliation, and unity.
- Lord, we entrust to You our family members who are ill. Grant them strength, comfort, and healing through Your loving presence.
- Lord, be near to those in our families who face financial struggles, unemployment, or uncertainty. Strengthen those burdened by anxiety, fear, or despair, and guide them with Your light.
- Lord, heal wounds caused by misunderstanding, anger, or division. Restore trust where it has been lost, and bring reconciliation where hearts are estranged.
- For parents and grandparents who have gone before us — may they rest in Your eternal embrace and continue to inspire us by their example.
- For all families, that they may be schools of love, faith, and service — reflecting the Holy Family of Nazareth.

We sum up our prayers and personal intentions in the prayer Jesus taught us by calling God our Father and renewing our bond of love in the families and in our communities: - **Our Father. . .**

Concluding Prayer: Lord Jesus, as we leave Your Eucharistic presence, we thank You for the peace and love You have poured into our hearts. Stay with us, guide our steps, and help us to live each day in faith, hope, and charity. May the wisdom of grandparents and the elderly guide us, their stories inspire us, and their example strengthen us. Lord, let us never forget them, but honour them as treasures of Your grace. May our lives reflect Your light, and may our families be united in Your love. We ask this through Christ our Lord. Amen.

Benediction: