



07 August 2026

HOLY HOUR

"You did not choose me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should abide." — Jn 15:16

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

Lord Jesus Christ, Eternal High Priest, we come before You in this time of adoration to pray for Your chosen ones — our priests. They are Your instruments of grace, bringing us the sacraments and guiding us in faith. Bless them with holiness, strength, and joy in their vocation.

We praise You, Lord Jesus, truly present in the Eucharist. We glorify You, King of Kings and Lord of Lords. We thank You for the gift of Your Body and Blood. Glory to You, O Lord, truly present here. Blessed be Your holy name, Jesus. I love You, Lord, and I lift my heart to You. You are my treasure, my delight, my God. Jesus, you are my peace. My heart belongs to You. You are my Shepherd, my Friend, and my Savior. I praise You. Thank You, Jesus, for loving me just as I am. You are my strength when I am weak, my joy when I am weary. Lord, I bow before You. All I have is Yours. Jesus, you are enough for me. I need nothing else.

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

In his message, Pope Leo invited priests to daily renew their “Here I am” before Christ’s pierced heart and to remember the words of the Curé of Ars, St. John Vianney, who loved to say that “the priesthood is the love of the heart of Jesus.”

Reflecting on the imperfect, human side of the priesthood, the pontiff noted that “we are limited and imperfect, often weak and weary, and at times wounded. How can such a vulnerable human heart respond to such a high calling? The priest lives this tension. Yet at the same time, he must recognize that he finds peace in the open side of the Lord Jesus.”

“Our humanity is not compartmentalized,” he said. “Prayer, ministry, relationships, weariness, joys, and failures — even time or love that apparently seems wasted — all become privileged places where God reveals himself and his infinite love.”

He urged priests to renew the grace of their ordination through the daily celebration of the Eucharist, prayer, meditation on the word of God, and humble service to others.

“A priestly life that is steady and configured to Jesus’ heart is a credible sign of unity, peace, and mercy. Thus, in an age marked by division and fear, we must be builders of peace and witnesses of the tenderness of the Good Shepherd who knows how to gather the scattered and heal the wounded,” he said.

Let us lift our hearts in gratitude to God for the gift of priests, through whom we receive His love and grace.



- **Gratitude for Their Vocation:** Lord Jesus, we thank You for calling our priests to serve You and Your Church. Through their ‘yes,’ we receive Your Word, Your forgiveness, and Your very Body and Blood. Bless them for the gift of their lives given in love.
- **Thanksgiving for Their Sacrifices:** Good Shepherd, we are grateful for the sacrifices our priests make each day — their time, their energy, their hearts poured out for us. May they find joy in serving You and strength in Your presence.
- **Thanksgiving for Their Guidance:** Lord, thank You for the wisdom and counsel of our priests. Through their preaching, teaching, and example, they lead us closer to You. May their words always be filled with Your Spirit.
- **Thanksgiving for Their Witness:** Jesus, we praise You for the witness of our priests. In their fidelity, we see Your faithfulness. In their compassion, we glimpse Your mercy. In their perseverance, we know Your love endures.
- **Thanksgiving for Their Presence:** Lord, we thank You for the presence of priests in our lives — at baptisms, at confessions, weddings, funerals, and at every Eucharist. They walk with us in joy and sorrow, reminding us that You are always near.
- **Thanksgiving for Their Holiness:** Holy Lord, we thank You for the holiness of priests who inspire us to live faithfully. May their lives shine as a light for the world, and may we support them with our prayers and love.

Hymn: I’ll sing God’s praises (*Joyful Celebration No. 198*)

Come, Holy Spirit, fill our hearts with Your presence. Open our minds to understand the Word of God, and open our ears to hear His voice speaking to us today. Kindle in us the fire of Your love, so that what we read, listen and reflect may take root in our lives, strengthen our faith, and draw us closer to Christ, our Lord.

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

Reading: Heb 5:1-10

Reflection: This passage reminds us that every priest is chosen from among the people, yet set apart to serve God and His people. He carries both the weakness of humanity and the dignity of a divine calling. Priests do not take this honour upon themselves; it is God who calls them, just as He called Aaron. He is not above us, but one of us — sharing our human weakness, our struggles, and our joys.

The text points us to Christ, the true High Priest, who shares our human struggles yet remains without sin. In His obedience and suffering, He became the source of eternal salvation. Every priest share in this mystery: they are human like us, yet through their vocation they become living signs of Christ’s presence and mercy. They are human, yet through their vocation they carry the presence of Christ into our lives.

For the faithful, this passage is an invitation to gratitude. We thank God for priests who stand at the altar, who forgive sins in Christ’s name, who guide us with compassion, and who remind us that Jesus Himself is our eternal High Priest. Their lives are a bridge between heaven and earth, weakness and grace, humanity and divinity.



Today, as we adore Jesus in the Eucharist, let us give thanks for our priests. Let us pray that they remain faithful, humble, and joyful in their ministry. And may we, the faithful, support them with love, gratitude, and prayer — for through them, Christ continues to shepherd His people.

Hymn: Keep them we pray thee (*Joyful Celebration No. 233*)

Pause for few minutes in silence relishing the Word of God and reflecting on our life . . .

Examination of conscience

Do I thank God regularly for the gift of priests in my life? Have I expressed gratitude to priests for their ministry, or do I take their service for granted? Do I pray for priests, especially those who struggle or feel discouraged? Have I shown respect for their role as shepherds, or have I spoken harshly or critically without charity? Do I recognize that priests are human and need encouragement, not only demands?

Have I supported parish initiatives and ministries, or have I remained passive and indifferent? Do I cooperate with priests in building up the parish community, or do I resist without offering constructive help? Have I supported vocations to the priesthood through prayer and encouragement? Do I see priests as partners in my journey of faith, or do I distance myself from them?

Hymn: It takes courage to answer a call (*Joyful Celebration No. 213*)

Intercessions:

Response: *Lord, bless our priests and keep them faithful to You.*

- **For our Holy Father, bishops, and all priests:** Lord Jesus, Eternal High Priest, we thank You for the shepherds You have given to Your Church. Strengthen them with wisdom and courage, that they may guide Your people with love and truth, and remain faithful to the mission entrusted to them.
- **For parish priests who serve tirelessly:** Good Shepherd, bless those who labour day and night in parishes, celebrating the sacraments, visiting the sick, and teaching the faith. Renew their strength when they are weary, and fill their hearts with joy in serving You and Your flock.
- **For priests who feel weary or discouraged:** Merciful Lord, look kindly upon priests who struggle with loneliness, doubt, or discouragement. Embrace them with Your consolation, remind them of Your closeness, and restore their zeal so they may continue to be living witnesses of Your love.
- **For elderly and ill priests:** Compassionate Savior, bless priests who are advanced in years or burdened by illness. May they be comforted by our prayers, supported by our gratitude, and sustained by the hope of eternal life in You.
- **For priests in mission lands:** Lord of the harvest, strengthen priests who serve in difficult or distant places, often with little support. Grant them courage, perseverance, and joy in proclaiming the Gospel, so that Your light may shine in every corner of the world.
- **For priests who minister Your mercy in confession:** Jesus, Friend of sinners, bless priests who hear confessions and absolve sins in Your name. May they always be patient, compassionate, and gentle, reflecting Your boundless mercy to all who seek forgiveness.



- **For seminarians preparing for priesthood:** Lord of all vocations, bless those who are discerning and preparing for priesthood. Guide them with Your Spirit, protect them from discouragement, and help them to grow in holiness and fidelity to Your call.
- **For all priests:** Lord Jesus, Eternal High Priest, sanctify all priests in Your truth. Make them humble servants, joyful witnesses, and faithful shepherds of Your people. May their lives draw many souls closer to You, and may we, the faithful, support them with prayer, gratitude, and love.

Pray for your personal intentions in silence . . .

Concluding prayer: Lord Jesus Christ, Eternal High Priest, we thank You for the gift of priests, through whom You continue to shepherd and sanctify Your people. We praise You for their lives, their sacrifices, and their faithful service in bringing us Your Word and Your sacraments. Bless them with strength when they are weary, joy when they feel burdened, and courage when they face trials. Keep them close to Your Sacred Heart, and make them holy shepherds after Your own example. Lord, we entrust all priests to Your care. May they be living witnesses of Your love, and may we, the faithful, support them with gratitude, prayer, and friendship. We ask this through You, Jesus our High Priest, who lives and reigns forever and ever. Amen.

Benediction:

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