



04 September 2026

HOLY HOUR

"If you are willing, you can be taught; if you apply yourself, you will become clever. If you love to listen, you will gain knowledge, and if you pay attention, you will become wise." Sirach 6:32-33

Hymn: Jesus my Lord, my God (*Joyful Celebration No. 221*)

Lord Jesus, present in the Most Holy Sacrament, I come before You with a heart full of love and longing. You are my joy, my peace, my strength and my life entire. I praise You for Your goodness, I worship You for Your majesty, I adore You for Your boundless mercy and compassion. Here in Your presence, silence speaks louder than words. My soul rests in You. Remain with me, Lord, and allow me to remain with You. May my entire being be a song of worship, a lively expression of devotion, a gift of affection before Your Eucharistic Heart.

Lord Jesus, in the quiet of Your Eucharistic presence, my heart bows in adoration. You are the Light that guides me, the Bread that sustains me, the Love that never fails me. I praise You for the gift of life, Here I am, small and weak, yet You welcome me with tenderness. My soul rests in Your embrace, my spirit sings silently in gratitude. Stay with me, Lord, and let my whole being be a hymn of praise to You. May my thoughts, words, and actions become a living act of worship, an offering of love to Your Sacred Heart.

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

Hymn: All you nations (*Joyful Celebration No.35*)

Come, Holy Spirit, open my heart to Your light, my mind to Your wisdom, my ears to Your gentle voice. Grant me the grace to listen to the Holy Word with faith, to treasure it with love, and to live it with joy. Stay with me, Spirit of Truth, and let Your presence guide me into deeper communion with Christ.

Hymn: Spirit of the Living God (*Joyful Celebration No. 363*)

Reading: Mt 5:14-16

Reflection:

This passage reminds us that every teacher carries a light within them—a light of knowledge, patience, and love. A teacher's role is not only to instruct but to illuminate paths, to help others see possibilities they might never have imagined. The image of light is powerful. Light does not exist for itself; it shines so that others may walk safely, find direction, and live with confidence. In the same way, teachers give of themselves so that their students may grow. Their good works—whether in the classroom, through encouragement, or by example—become a reflection of God's own goodness.

To be called "the light of the world" is both a gift and a responsibility. It means that teaching is more than a profession; it is a vocation that touches hearts and shapes lives. When teachers let their light shine, they glorify God, because their service is rooted in love and selflessness. On this Day, this reading invites us to see teachers



as living witnesses of Christ's words—lights that brighten our journey, guiding us toward wisdom, truth, and faith.

Hymn: This is my prayer to thee (*Joyful Celebration No. 402*)

Lord Jesus, you remind us that each of us is called to be a light in the world. On this Day, I thank You for the gift of teachers who shine with patience, wisdom, and love. Their words guide, their example inspires, and their care helps us grow. Sometimes their light is gentle, like a candle in the dark, showing us the way when we are lost. At other times, it is strong, like the sun, filling us with warmth and courage. Through their dedication, they reflect Your own light, teaching not only lessons of knowledge but also lessons of kindness, faith, and hope. Lord, bless our teachers today. May their light never grow dim. May they find joy in their service, strength in their challenges, and peace in knowing that their work glorifies You. Help me too, Lord, to be grateful, to listen with an open heart, and to carry forward the light I have received.

Thanksgiving:

For the gift of teachers who direct us with understanding and insight...

Res: We give thanks to you, O Lord.

In recognition of their commitment to influencing thoughts and emotions...

Res:

For the illumination they provide in our lives by means of wisdom and their witness of life...

Res:

For their support during our challenges and difficulties and their happiness in our achievements...

Res:

For the principles and values, they promote and instil in us; truth, kindness, perseverance, honesty, compassion, and determination...

Res:

For their sacrifices, often unseen and unnoticed, yet profoundly felt in our lives...

Res:

For the inspiration and motivation they provide us to aspire, to dream to develop, and to serve...

Res:

For each teacher who reflects and embodies Your love and light in their calling...

Res:

Hymn: Be exalted O God (*Joyful Celebration No.53*)

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

Examination of conscience

For the times we have taken our teachers for granted, for the times we have not listened with respect and attention, for the times we have failed to appreciate their sacrifices, and for the times we have judged them harshly or spoken without kindness. For the times we have been careless with their efforts and guidance, for the times we have not shown gratitude for their patience and dedication, and for the times we have forgotten that through them You guide and enlighten us.



Lord, we ask for Your forgiveness for the times we failed to respect our teachers, for moments of neglect, disrespect, or lack of gratitude. Forgive us for occasionally not recognizing their sacrifices and guidance. Grant us humble hearts to learn with reverence, and grateful spirits to appreciate the illumination they bring into our lives.

Hymn: Lay your hands (*Joyful Celebration No. 235*)

Intercessions:

- Lord, we present to You all our teachers who commit their lives to mentoring, motivating, and supporting minds and spirits. Gift them with wisdom to instruct, patience to support, and joy in witnessing their students develop. May their endeavours bear fruit, their sacrifices acknowledged, and their calling empowered by Your grace.

Res: Lord graciously hear our prayer

- We also offer prayers for every student. Bless them with a desire to learn, the humility to heed advice, and the determination to advance in wisdom and virtue. May they honour their teachers, appreciate their teachings, and apply their skills for the benefit of themselves and others. Protect them from diversions, temptations and distractions, and lead them to follow the way of honesty and compassion.
- Lord, enhance the connection between teachers and students, so it is characterized by shared respect, trust, and support. May their journey together be filled with hope, happiness, and the desire to honour You in everything.
- Lord, bless all parents and elders who support students with love and guidance. May their encouragement strengthen young hearts, and their example inspire lives of faith and responsibility.
- We thank You, Lord, for parents who work tirelessly to provide education and opportunities to their children. Grant them peace, joy in their children's growth, and strength in their daily sacrifices.
- For School Management Lord, bless the leaders and management of our schools. May they govern with fairness, vision, and compassion, creating an environment where teachers and students flourish together.

Pray for your personal intentions in silence ...

Hymn: Open my eyes Lord (*Joyful Celebration No. 317*)

Concluding prayer: Loving God, we express our gratitude for teachers, who lead us with wisdom, patience, and affection. Today, while we honour Teachers, we request You to shower them with abundant blessings. May their commitment be blessed with happiness, their endeavours encouraged by Your grace, and their calling rejuvenated with optimism. Lord, let the connection between educators and learners mirror Your love—supportive, motivating, and life-enhancing. On this day we hold within us an indebtedness for our teachers and a strengthened pledge to respect and assist those who teach and guide us.

Benediction: