06 November 2026

HOLY HOUR

Theme: "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life." (John 8:12)

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

Lord Jesus, our Eucharistic Lord, we come into Your loving presence with hearts full of gratitude, praise, worship and adoration. We believe that You are truly present in the Blessed Sacrament, silent yet alive, hidden yet radiant with divine love. Jesus, you are the Light of the World. You brighten our darkness, give hope to our hearts, and guide our steps when we do not know which way to go.
As we remain before You, quieten our minds, calm our hearts, and help us become aware of Your loving presence. Remove whatever darkness we carry within us—fear, anxiety, resentment, selfishness, and discouragement. Jesus, Light of our lives, shine upon us. Fill us with Your peace, surround us with Your love, and teach us to remain in Your light. We adore You, we praise You, and we love You, Lord Jesus, present in the Most Holy Eucharist.
Lord Jesus, we look upon You in the Blessed Sacrament. We have no words adequate to express our love. We simply wish to be with You. Like a lamp burning quietly in the darkness, may Your presence illuminate the hidden corners of our hearts. Let us remain in silence, allowing Your light to touch us, heal us, and transform us. Jesus, you know us completely. You know our joys and sorrows, our hopes and disappointments, our strengths and weaknesses. We place everything before You. Let Your light shine within us.

Prayer of Praise and Worship

Lord Jesus, Light eternal, we praise You!
We praise You, because You are the light that no darkness can overcome.
We praise You because Your light reveals the beauty of our lives and helps us recognise Your presence in every person and every situation.
We praise You, because You are the light that leads us from fear to courage, from sadness to hope, and from selfishness to love.
We praise You, because even when we fail, you never stop loving us. Even when we lose our way, you patiently call us back to You.
Jesus, you are the light of our homes, the light of our communities, the light of our Church, and the light of the whole world.
You are the light of those who are searching for meaning, the light of those who are burdened by suffering, and the light of those who feel forgotten and alone.
Jesus, Light of the World, we praise You.
Jesus, Light of our hearts, we worship You.
Jesus, Light that never fades, we adore You.

Pause for a few minutes of silent adoration.

Hymn: In the Lord is my hope (*Joyful Celebration No. 208*)

Reading: John 1:1-5

Reflection: As our Hindu brothers and sisters celebrate Diwali, this passage offers a beautiful connection to Diwali, the Festival of Lights. Just as Diwali celebrates the triumph of light over darkness, good over evil, and knowledge over ignorance, John 1:5 promises that *"The light shines in the darkness, and the darkness has not overcome it."*

- *Finding Hope in the Dark*: Life can sometimes feel heavy, uncertain, or dark. But lighting a *diya* (lamp) during Diwali is a physical reminder of what this scripture says spiritually: even the smallest flame can pierce the deepest shadow. Darkness has no power to put out light; light always wins.
- *The Source of Light*: For Christians, Jesus is that ultimate "Light of the world" who enters our personal darkness to bring hope, peace, and direction.
- *A Shared Celebration:* Celebrating Diwali reminds us of our universal human longing for goodness and truth to triumph. It is an invitation to let God's light shine inside our own hearts, wiping away fear and filling us with joy. When we look at the beautiful lights of Diwali, we can remember this timeless promise: no matter how dark the world or our circumstances get, **the Light cannot be defeated**.

In the darkness, it is easy to stumble or lose our way. John writes that Christ's life is the "light of men." Like a path illuminated by small lamps, Christ doesn't always flash a giant spotlight on our distant future; instead, He lights up the very next step we need to take. He gives us the clarity, wisdom, and peace to navigate life's daily uncertainties.

During Diwali, we clean our homes and place lights on the outside for everyone to see. Reflecting on Christ as the Light reminds us that He also wants to light up the *inside* of our hearts. His light gently exposes the hidden corners of our lives—our worries, mistakes, or hurts—not to condemn us, but to heal, clean, and warm us from the inside out.

A single lamp can light thousands of other lamps without losing its own brightness. Christ is the ultimate source of light, but He invites us to be reflections of that light in the world. When we show kindness, practice forgiveness, or stand up for someone who is struggling, we are spreading His light. We become living *diyas*, pushing back the darkness of loneliness or despair in someone else's life.

Whether it is the flicker of a candle, the glow of a *diya*, or the festive holiday lights around us, every light we see can be a quiet reminder of Christ's promise: *"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."* (John 8:12)

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

Hymn: Jesus Christ living in us (*Joyful Celebration No. 216*)

Examination of conscience:

My loving Jesus, sometimes there is darkness within me that others cannot see. There are moments when I feel tired, confused, worried, or discouraged. There are questions for which I have no answers and situations I find difficult to understand. But today, I come before You just as I am. Jesus, shine Your light upon my thoughts, that I may think with kindness and understanding.

Shine Your light upon my words, that I may speak with gentleness and truth. Shine Your light upon my actions, that I may serve others with generosity and love. Shine Your light upon my memories, that I may forgive those who have hurt me and find healing for my own wounds. Shine Your light upon my future, that I may walk forward with faith, even when I cannot see the whole path. Above all, dear Jesus, help me to recognise Your light in the people I meet each day, especially those who are difficult to love, those who are lonely, and those who need a little encouragement. May I never become a source of darkness through my words or behaviour. Instead, may my presence bring comfort, hope, and peace to others. Jesus, make my heart a little lamp that burns with Your love.

Hymn: All to Jesus I surrender (*Joyful Celebration No. 33*)

Thanksgiving:

- Lord Jesus, present in the Most Blessed Sacrament, we come before You with grateful hearts. You are the Light that shines in our darkness, the hope that sustains us, and the love that never fails. With hearts full of gratitude,
  - **Lord Jesus, Light of the World, we thank You.**
- For the gift of Your presence in the Holy Eucharist, where You remain with us as our food, our strength, and our light.
- For the gift of life, for every new day, and for the countless blessings we often receive without recognising them.
- For Your light that guides us when we are confused and shows us the way when we do not know where to turn.
- For remaining close to us in moments of darkness, sorrow, disappointment, and uncertainty.
- For the people who have brought light into our lives through their love, kindness, patience, and generous service.
- For our families, communities, friends, and all those who accompany us on our journey of faith.
- For the moments of joy that fill our hearts with gratitude and remind us of Your goodness.
- For the difficult experiences that deepen our faith, strengthen our trust, and teach us to depend more completely on You.
- For all those who bring light to our world through their compassion, selfless service, and commitment to peace and justice.
- For the light of hope that continues to shine even in a world wounded by war, hatred, violence, and division.

Hymn: O give thanks to Lord, for He is good (*Joyful Celebration No. 291*)

Intercessions:

Lord Jesus, present in the Blessed Sacrament, you are the Light that shines in the darkness and the hope of all humanity. With trust in Your loving presence, we bring before You the needs of our Church, our world, and every human heart.

Our response: *Lord Jesus, shine Your light upon us.*

Lord Jesus, may Pope Leo XIV, our bishops, priests, religious, and all the faithful reflect Your light through their lives of faith, love, and humble service. May they lead Your people closer to You.
May Your light overcome the darkness of war, hatred, violence, and division. Touch the hearts of world leaders and help all nations work together for peace, justice, and reconciliation.
May Your light fill our homes with love, understanding, patience, and forgiveness. Bring healing to wounded relationships and unity to families experiencing difficulties.
May those who are ill, those undergoing treatment, and those who live with pain experience Your comforting presence. Strengthen them in their weakness and give courage to those who care for them.
May Your light reach those who feel abandoned, those who struggle to meet their daily needs, and those who have no one to accompany them. Inspire us to become instruments of Your compassion.
Guide the young with the light of Your wisdom. Help them make life-giving choices, discover their vocation, and find meaning and hope in following You.
Lord Jesus, bless our communities and all those entrusted to our care. May our words, attitudes, and actions reflect Your light, and may our service bring hope and joy to those we encounter.
Remove the darkness of fear, resentment, pride, and discouragement from our hearts. Renew our faith and help us recognise Your presence in our daily lives, especially in moments of uncertainty.
Welcome our departed loved ones into the fullness of Your eternal light. Comfort those who mourn and strengthen their hope in the resurrection.
For our personal intentions: Lord Jesus, you know the silent prayers we carry in our hearts, our struggles, our concerns, and our deepest desires. We place them all before You, trusting in Your wisdom and loving care.

Hymn: The light of Christ has come into the world (*Joyful Celebration No. 186*)

Concluding Prayer:

Lord Jesus, our Eucharistic Light, we thank You for all that You are and all that You do in our lives. Thank You for walking with us through every season of life, for illuminating our path, and for filling our hearts with hope. May we never take Your presence for granted. Open our eyes to recognise Your light in the people around us, especially in those who are poor, weak, suffering, or forgotten. Jesus, Light of the World, remain with us, shine through us, and lead us always into the light of Your love. We ask this through Christ our Lord. **Amen.**

Benediction: