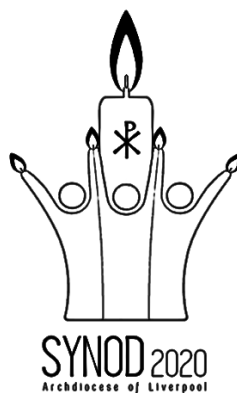


HOLY HOUR

Meeting Jesus



Opening Hymn

(Suggested hymns are available on additional sheet.)

Introduction to the theme

‘I look at him, and he looks at me’. The Church enjoys the shared experience of being in the Lord’s presence.

To accomplish so great a work Christ is always present in his Church, especially in her liturgical celebrations. He is present in the sacrifice of the Mass...but especially in the Eucharistic species. By his power he is present in the sacraments so that when anybody baptises it is really Christ himself who baptises. He is present in his word since it is he himself who speaks when the holy scriptures are read in the Church. Lastly, he is present when the Church prays and sings, for he has promised “where two or three are gathered in my name there am I in the midst of them” (Mt 18:20).

Sacrosanctum Concilium 7

Opening Prayer

Lord Jesus Christ, take all my freedom,
my memory, my understanding and my will.
All that I have and cherish you have given to me.
I surrender it to your will.
Your grace and your love are wealth enough for me.
Give me these, Lord Jesus, and I ask for nothing more.

Saint Ignatius of Loyola

Reading

A reading from the letter to the Hebrews 12:18-24

You have not come to what may be touched, a blazing fire and darkness and gloom and a tempest and the sound of a trumpet and a voice whose words made the hearers beg that no further

messages be spoken to them. Indeed, so terrifying was the sight that Moses said, "I tremble with fear."

But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God, the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel.

Hymn

(Suggested hymns: Love is his word or You who dwell in the shelter of the Lord.)

Gospel

A reading from the Holy Gospel according to Mark 10:17-22

As he was setting out on his journey, a man ran up and knelt before Jesus and asked him, "Good Teacher, what must I do to inherit eternal life?" And Jesus said to him, "Why do you call me good? No one is good except God alone. You know the commandments: 'Do not murder, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honour your father and mother.'" And he said to him, "Teacher, all these I have kept from my youth." And Jesus, looking at him, loved him, and said to him, "You lack one thing: go, sell all that you have and give to the poor, and you will have treasure in heaven; and come, follow me." Disheartened by the saying, he went away sorrowful, for he had great possessions.

The Gospel of the Lord.

Praise to you Lord, Jesus Christ.

Reflection

Are we aware that Jesus now *sees* us?

Are we aware that he not only sees us, but *LOVES* us?

What is our response?

How do we feel about the rich young man?

Would we go away sorrowful?

Would we go away rejoicing?

Jesus is setting out on a journey – we too set out on our journey towards the Eucharistic Congress and the Synod. We too set out on a journey challenging us to be transformed by what we meet when we come into the Lord's presence: his love. Can I be the change the Lord is challenging us all to make in the world and in his holy Church? Can I let what has most changed me– the love of God for me – be the sign the world is longing to see?

Set our hearts on fire with love to you, O Christ our God, that in that flame we may love you with all our heart, with all our mind, with all our soul, with all our strength, and our neighbours as ourselves; so that keeping your commandments, we may glorify you, the giver of all good gifts.

Orthodox Prayer

Intercessions

For the Church across the world.

Lord, hear us.

For our parish, our pastoral area and our Archdiocese of Liverpool.

Lord, hear us.

For Pope Francis, Archbishop Malcolm and all who shepherd the Church.

Lord, hear us.

For world leaders and those who serve in national and local government.

Lord, hear us.

For peace in the world, in our communities and in our hearts.

Lord, hear us.

For all those we know who are sick.

Lord, hear us.

For the faithful departed of our families and our parish.

Lord, hear us.

Time for silent intercession and other spoken intercessions.

or **Litany of the Holy Name of Jesus (abridged)**

Ÿ. Lord, have mercy on us.	Ŕ. Christ, have mercy on us.
Ÿ. Lord, have mercy on us. Jesus, hear us.	Ŕ. Jesus, graciously hear us.
Ÿ. God the Father of Heaven	Ŕ. Have mercy on us.
Ÿ. God the Son, Redeemer of the world,	Ŕ. Have mercy on us.
Ÿ. God the Holy Spirit,	Ŕ. Have mercy on us.
Ÿ. Holy Trinity, one God,	Ŕ. Have mercy on us.
Ÿ. Jesus, Son of the living God,	Ŕ. Have mercy on us.
Ÿ. Jesus, splendour of the Father,	Ŕ. Have mercy on us.
Ÿ. Jesus, brightness of eternal light.	Ŕ. Have mercy on us.
Ÿ. Jesus, King of glory.	Ŕ. Have mercy on us.
Ÿ. Jesus, sun of justice.	Ŕ. Have mercy on us.
Ÿ. Jesus, Son of the Virgin Mary.	Ŕ. Have mercy on us.
Ÿ. Jesus, the mighty God.	Ŕ. Have mercy on us.
Ÿ. Jesus, most powerful.	Ŕ. Have mercy on us.
Ÿ. Jesus, most patient.	Ŕ. Have mercy on us.
Ÿ. Jesus, most obedient.	Ŕ. Have mercy on us.
Ÿ. Jesus, meek and humble of heart.	Ŕ. Have mercy on us.
Ÿ. Jesus, lover of chastity.	Ŕ. Have mercy on us.
Ÿ. Jesus, lover of us.	Ŕ. Have mercy on us.
Ÿ. Jesus, God of peace.	Ŕ. Have mercy on us.
Ÿ. Jesus, author of life.	Ŕ. Have mercy on us.
Ÿ. Jesus, our God.	Ŕ. Have mercy on us.
Ÿ. Jesus, our refuge.	Ŕ. Have mercy on us.
Ÿ. Jesus, father of the poor.	Ŕ. Have mercy on us.
Ÿ. Jesus, treasure of the faithful.	Ŕ. Have mercy on us.
Ÿ. Jesus, good Shepherd.	Ŕ. Have mercy on us.

Ÿ. Jesus, true light.	℞. Have mercy on us.
Ÿ. Jesus, eternal wisdom.	℞. Have mercy on us.
Ÿ. Jesus, infinite goodness.	℞. Have mercy on us.
Ÿ. Jesus, our way and our life.	℞. Have mercy on us.
Ÿ. Jesus, joy of Angels.	℞. Have mercy on us.
Ÿ. Jesus, King of the Patriarchs.	℞. Have mercy on us.
Ÿ. Jesus, Master of the Apostles.	℞. Have mercy on us.
Ÿ. Jesus, teacher of the Evangelists.	℞. Have mercy on us.
Ÿ. Jesus, strength of Martyrs.	℞. Have mercy on us.
Ÿ. Jesus, light of Confessors.	℞. Have mercy on us.
Ÿ. Jesus, purity of Virgins.	℞. Have mercy on us.
Ÿ. Jesus, crown of Saints.	℞. Have mercy on us.
Ÿ. Be merciful,	℞. spare us, O Jesus.
Ÿ. Be merciful,	℞. graciously hear us, O Jesus.
Ÿ. From all evil, R. deliver us, O Jesus.	℞. From all sin, deliver us, O Jesus.

Ÿ. Lamb of God, who takest away the sins of the world,
℞. spare us, O Jesus.

Ÿ. Lamb of God, who takest away the sins of the world,
℞. graciously hear us, O Jesus.

Ÿ. Lamb of God, who takest away the sins of the world,
℞. have mercy on us, O Jesus.

Ÿ. Jesus, hear us.
℞. Jesus, graciously hear us.

Benediction

(Benediction may take place now, if there is a Priest or Deacon, before the Blessed Sacrament is reposed.)

Closing Hymn

(After the Blessed Sacrament is reposed a final hymn is sung, suggested hymns are available on additional sheet.)