

Gathering Hymn God's Spirit is in my heart *(Dale)*

The Blessed Sacrament is exposed in a monstrance, as the hymn is sung

Prayer

Most merciful Father, you continue to draw us to yourself through the Eucharistic Mystery. Grant us fervent faith in this sacrament of love, in which Christ the Lord himself is contained, offered and received. We make this prayer through the same Christ our Lord. Amen

Introduction

Through the ages of the Church, women and men, like Christ, have offered their lives for their faith in God. The Lord himself told the first disciples that they would be hated, misunderstood, persecuted, tried and possibly be put to death, for our faith in God through him. (Matthew 10:17-22).

Even in the Old Testament, those who were God's mouthpiece, the prophets, were misunderstood, persecuted, and some shed their blood for the sake of the message they had to share. Sometimes the message they had to deliver from God disturbed their hearers. Yet they bore witness to truths that had to be shared in spite of the cost!

Similarly in our own time, the Christian message and our way of life - lived in accord with God's will - may challenge, criticise and call upon the hearers of our day to convert. We too must expect the same misunderstanding, ridicule, persecution and even death for the sake of the Good News. In the year 2018, 37 committed Christians, in priesthood, religious life or committed lay people, lost their lives for the sake of the Gospel, some in circumstances of martyrdom. This number increases year on year in the Church.

In spite of such, am I ready to respond actively to God's call in my life; to witness to the Gospel, which gives my life purpose, meaning and direction?

Scripture Reading Isaiah 41:8-10, 13-14.
'I grasp you by your right hand; I tell you, 'Do not be afraid, I shall help you.'

Reflection

- Suffering and some form of sacrifice are an integral aspect of the life of a disciple.
- God's knows that in order to remain faithful, we need His assistance.
- Foreseeing the need of His help, the Lord has promised us the assistance of His Holy Spirit. (Acts 2:1-12)
- Just as the first Disciples were instilled with the necessary strength, courage, enlightenment, eloquence, and courage, we too are fortified by the same Holy Spirit.
- Essential to this Divine Mission (Matthew 28:16-20), is the support of the community around us. We need one another for support and encouragement. It was for this reason that one of the first acts Jesus performed was to gather a community around him. These were the women and men to whom he initially entrusted the continuation of his mission and ministry.
- The community of the faithful is not a passive but an active group of committed believers.
- Having made an adult faith decision to follow God through his Son, Jesus Christ, and being open to His Spirit, how committed am I in my witness of what I believe?
- Am I prepared to 'disturb the peace' and endure persecution for the sake of the Gospel?

Period of silent reflection

Scripture Reading

Psalm 122 (123)
'Our eyes are on the Lord till he show us his mercy.'

Hymn

O Bread of Heaven

Period of silent reflection

Scripture Reading

Revelation 7:14-17
'They washed their robes white again in the blood of the Lamb.'

Reflection

In this Holy Hour, we pray for those persecuted because of their faith in God throughout the world today. We pray that the right of everyone to follow God as they feel called may be recognised and respected everywhere. We pray in thanksgiving for the example of the saints and martyrs, and pray that we be inspired by their example to commit ourselves more to Christ and the spreading of his Good News.

Period of silent reflection

Benediction

Hymn

Tantum ergo Sacramentum (*St. Thomas Aquinas*)

Prayer

Almighty, ever living God, you gave your saints and martyrs grace to lay down their lives for Christ. Help us in our weakness too: give us the strength to live for you even as they did not shrink from suffering and dying for your sake.

We make this prayer through Jesus Christ our Lord. Amen

Blessing of the people with the monstrance

The Divine Praises

Blessed be God.

Blessed be his Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be his most Sacred Heart.

Blessed be his most Precious Blood.

Blessed be Jesus in the most holy sacrament of the altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, virgin and mother.

Blessed be Saint Joseph, her spouse most chaste.

Blessed be God in his angels and in his saints.

Prayer of St. Francis Xavier for the conversion of the world

O eternal God, remember that we are all the work of your hands, and that you have created us in your own likeness. Remember that Jesus Christ, your Son, suffered a most cruel death for our salvation. Permit no longer that any of us should ever despise him. Be appeased by the prayers of the Church, the spouse of your Son, and remember your mercy. Give all the grace ever to acknowledge that Jesus Christ is God; that he is our salvation, our life and our resurrection, and that by him we have been delivered from hell. May glory be given to him forever and ever. Amen.

Hymn

O sacrament most holy, O sacrament divine

During this hymn the Blessed Sacrament is deposed

St. Therese of the Child Jesus, patroness of missions

Your servant of God, who in her dying moments did say, 'I will spend my heaven doing good upon the earth', hasten to let fall upon me a shower of roses, that I too may be inflamed with that fire of love which burned so brightly in her heart and brought her so gloriously to the arms of Jesus, my Lord and my God. Amen.

Antem to Our Lady

Salve Regina Mater misericordiae, vita dulcedo, et spes nostra salve. Ad te clamamus exsules filii Hevae, ad te suspiramus, gementes et flentes in hac lacrimarum valle. Eia, ergo, advocata nostra, illos tuos misericordes oculos ad nos converte; et Jesum, benedictum fructum ventris tui, nobis post hoc exilium ostende. O clemens, O pia, O dulcis Virgo Maria.

(Hail holy Queen, mother of mercy, hail our life, our sweetness and our hope. To thee do we cry poor banished children of Eve, to thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy upon us, and after this, our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.)