Holy Hour Resources:  
  
**Possible opening Song** - **O Sacrament Most Holy**

**All sing: O Sacrament most holy, O Sacrament divine,**

**All praise and all thanksgiving be every moment thine.**

**Possible words of Introduction –**

We gather here this evening to welcome with joy

Christ’s enduring presence among us in the Blessed Eucharist, to spend some quiet time - just being with Jesus.

He promised to be with us always, even to the end of time.  
Love *always* wants to be with us, His Beloved.

For your adorable presence with us,   
for your never leaving us, Lord Jesus,   
all praise and all thanksgiving be every moment thine.  
In this Holy Hour we choose to rest in you.

We set this time aside to keep watch with you,

as you always keep watch over us.  
We offer you even just our bodily presence,   
as a sign of our desire to praise you Lord.

**A Reflection of Pope Francis:** Our tiredness… is like incense that silently rises up to heaven. Our weariness goes straight to the heart of the Father. Know that the Blessed Virgin Mary is well aware of this tiredness and she brings it straight to the Lord. As our Mother, she knows when her children are weary, and this is her greatest concern. “Welcome! Rest, my child. Whenever we draw near to her, she says to us: “Am I not here with you, I who am your Mother?” And to her Son she will say as she did at Cana “They have no wine.” (John 2:3) Rest *is* … itself a gift of God. Our weariness is precious in the eyes of Jesus who embraces us and lifts us up. “Come to me, all who labour and are overburdened and I will give you rest.” (Mt 11:28) *It is good* to bow down in adoration and say: “Enough for today Lord,” knowing we will not fall but be renewed.

**A Prayer of Fr Pedro Arrupe SJ:**More than ever I find myself in the hands of God.

This is what I have wanted all my life

from my youth.

But now there is a difference;

the initiative is entirely with God.

It is indeed a profound spiritual experience

to know and feel myself

so totally in God’s hands.

**Reading 1 Corinthians 11:23-26**

From the Letter of St. Paul to the Corinthians

This is what I received from the Lord and in turn passed on to you; that on the same night he was betrayed, the Lord Jesus took some bread, and thanked God for it and broke it, and he said, “this is my body, which is for you; do this as a memorial of me.” In the same way he took the cup after supper, and said, “this cup is the new covenant in my blood.” Until the Lord comes, therefore, every time you eat this bread and drink this cup, you are proclaiming his death.

**Reflection Communion with Jesus (*Spe Salvi* - Pope Benedict XVI)**Our relationship with God is established through communion with Jesus – we cannot achieve it alone. The relationship with Jesus, however, is a relationship with one who gave himself as a ransom for all. Being in communion with Jesus Christ draws us into his ‘being for all’; it makes it our own way of being. He commits us to live for others, but only through communion with him does it become possible truly to be there for others, for the whole.

**Litany 1** Jesus Christ is the same today as he was in days past and he will be forever. Because his love towards us is unchanging we say**:   
Jesus I believe in you**

Jesus, lover of all humankind, ***(R)* Jesus I believe in you**

**Jesus, Beloved Son of the Father *(R)***  **Jesus I believe in you…**

Jesus, gentle Son of Mary, ***(R)***

**Jesus who called us his sisters and brothers *(R)***  Jesus who showed that God is very near ***(R)***

**Jesus, Holy One of God,**  ***(R)***

Jesus who laid your hands on the sick with compassion ***(R)***

**Jesus healer of our souls**  ***(R)***

Jesus friend of sinners ***(R)***

**Jesus, you who desire that we have life and have it to the full**  ***(R)***

Jesus, you who want our joy to be complete, ***(R)***

**Jesus, in your love is true safety,**  ***(R)***

Jesus, you have the words that bring our souls to life ***(R)***

**Reflection (adapted from Br Roger of Taize)**

Lord Jesus, here with us,

Help us to remember

That since our Baptism,

The Holy Spirit,

The breath of your love

is dwelling in us

is praying in us.

You are loving in us.

So no matter how poor our prayer is

We can seek you with confidence,

Because no one,

Yes no one, Is excluded from your love

Or your forgiveness.

Your love and mercy finds a way   
through our hesitations, our fears, our doubts.

Like the small boy in the Gospel with just a few loaves and fish,

We come to you with the little we have

And we entrust it to you.

When we remain in your presence,

Silent and at peace,

That is already a prayer.

You understand everything about us

All that upsets us,

And all our joys,

So much so that even a simple sigh can be a prayer

**Litany 2:**We pray together, “Open our eyes, Lord” ***Open our eyes, Lord***

To the mystery of your purpose ***Open our eyes, Lord***

To the closeness of your presence… ***Open our eyes, Lord***

To the depth of your wisdom… ***Open our eyes, Lord***

To the wonder of the world we live in… ***Open our eyes, Lord***

To the depth of your word… ***Open our eyes, Lord***

To the life you offer us… ***Open our eyes, Lord***

To your presence in the Eucharist… ***Open our eyes, Lord***

To your presence within us… ***Open our eyes, Lord***

To your presence among us… ***Open our eyes, Lord***

To your presence in our neighbour… ***Open our eyes, Lord***

To your presence in those who need help… ***Open our eyes, Lord***

To your presence in the broken ones… ***Open our eyes, Lord***

To your call to serve… ***Open our eyes, Lord***

**Reading Matthew 25: 35-40**

From the Holy Gospel according to Matthew

Jesus said: “I was hungry and you gave me food; I was thirsty and you gave me drink; I was a stranger and you made me welcome; naked and you clothed me, sick and you visited me; in prison and you came to see me.” Lord, when did we see you hungry or thirsty, a stranger or naked, sick or in prison. “I tell you solemnly, in as much as you did this to the least of these my brothers and sisters you did it to me.”

**Reflection: *A Holy Hour with the Poor* (Blessed Mother Teresa of Calcutta)**

The Holy Hour before the Eucharist should lead us to a “holy hour” with the poor, with those who will never be a human success and whose only consolation is Jesus. Our Eucharist is incomplete if it does not make us love and serve the poor. In receiving the communion of the poor, we discover our own poverty.

**Litany 3**We pray together, “Be with them Lord.” ***Be with them Lord***

For those who serve in your name ***Be with them Lord***

For those who care for the needy ***Be with them Lord***

For those who look after the dying ***Be with them Lord***

For those who are carers in the home ***Be with them Lord***

For those who visit the sick ***Be with them Lord***

For those who listen in your name ***Be with them Lord***

For Missionaries throughout the world ***Be with them Lord***

For those who work for justice and peace ***Be with them Lord***

For those who feed the hungry ***Be with them Lord***

For parents and families ***Be with them Lord***

For all who bear witness to your love ***Be with them Lord***

For all who have lost hope ***Be with them, Lord***

For all who suffer ***Be with them, Lord***

For all who are sick and in pain ***Be with them, Lord***

For all who are struggling ***Be with them, Lord***

For all who have been badly hurt in life ***Be with them, Lord***

For all who are grieving ***Be with them, Lord***

**For all who are depressed *Be with them, Lord***

For all who feel rejected ***Be with them, Lord***

For all who feel unloved ***Be with them, Lord***

For all who are oppressed ***Be with them, Lord***

For all who are anxious ***Be with them, Lord***

**Reflection: *Some definite service* (St John Henry Newman)**

“God knows me and calls me by name …

God has created me to do him some definite service.

He has committed some work to me

which he has not committed to another.

I have my mission –

I may never know it in this life,

but I shall be told it in the next.

Somehow I am necessary for his purposes…

I have a part in this great work;

I am a link in a chain, a bond of connection between persons.

He has not created me for nothing.

I shall do good; I shall do his work.

I shall be an angel of peace, a preacher of truth

In my own place, while not intending it,

if I do but keep his commandments

and serve him in my calling.”

***Litany 4:*Prayer**

Jesus Christ is the same today as he was in days past and he will be forever  
Because his love towards us is unchanging we say**: Jesus I believe in you (R)**

**Jesus who helped the married couple at Cana (R)**

Jesus who calmed the storm, **(R)**

**Jesus who fed the hungry, (R)**

Jesus who transformed lives with forgiveness **(R)**

**Jesus, Bread of Life (R)**

Jesus who loved us and gave yourself for us on the cross **(R)**

**Jesus who gave Mary to be our mother (R)**

Jesus who descended to hell **(R)**

**Jesus who put an end to death (R)**

Jesus whose love has overcome all things **(R)**

**Jesus who walked with the sad disciples on the road to Emmaus (R)**Jesus who gave them new hope **(R)**

**Jesus who showed yourself in the breaking of bread (R)**

Jesus who breathed peace upon your disciples, **(R)**

**Jesus, Risen Lord, bearing your glorious wounds for all eternity (R)**

Jesus present with us now **(R)**

**Gospel Luke 24: 13-16, 28-31**

From the Holy Gospel according to Luke

“That very same day, two of the disciples were on their way to a village called Emmaus, seven miles from Jerusalem, and they were talking together about all that had happened. Now as they talked this over, Jesus himself came up and walked by their side; but something prevented them from recognising him.”

“When they drew near to the village to which they were going, Jesus made as if to go on; but **they pressed him to stay with them**. ‘It is nearly evening’ they said ‘and the day is almost over.’ So he went in to stay with them. Now while he was with them at table, he took the bread and said the blessing; then he broke it and handed it to them. And their eyes were opened and they recognised him; but he had vanished from their sight.”

***Litany 5:*Our response is “Stay with us Lord”**

When peace is fragile ***Stay with us, Lord***

When tempers are raised ***Stay with us, Lord***

When tragedies occur ***Stay with us, Lord***

When forgiveness is rejected ***Stay with us, Lord***

When talks break down ***Stay with us, Lord***

When agreements are broken ***Stay with us, Lord***

When darkness weighs us ***Stay with us, Lord***

When we cannot see you ***Stay with us, Lord***

When burdens feel too heavy ***Stay with us, Lord***

When hope seems faint ***Stay with us, Lord***

When we are weak ***Stay with us, Lord***

When faith seems difficult ***Stay with us, Lord***

**Reflection (adapted from Br Roger of Taize)**

Christ Jesus,

Saviour of every life,

You take our burdens upon yourself

You suffer with all who bear the cross of suffering

In whatever form it takes

So that, with you,   
we can move forward:

From worry and anxiety to trust

From darkness to light.

With you accompanying us,

Even what pains our heart,

Even our own darkness

Can be made bright

By the inner light of the Holy Spirit.

You stretched out your arms on the cross

And reconciled us to one another and to the Father

You brought God and humanity together in your body

Wrap your arms around our broken lives

And restore us to the harmony that exists in you.

**Prayer**

We say together,

“We give you thanks and praise,” **We give you thanks and praise**

For the nourishment you give us **We give you thanks and praise**

For the strength you offer us **We give you thanks and praise**  
For the goodness you show us **We give you thanks and praise**  
For your presence in times of crisis **We give you thanks and praise**  
For the generosity of your love **We give you thanks and praise**  
For the gift of your forgiveness **We give you thanks and praise**

For the gift of your Spirit within us **We give you thanks and praise**

For the gift of your Spirit among us **We give you thanks and praise**

For the gift of hope and joy **We give you thanks and praise**  
For your working in our lives **We give you thanks and praise**

For all who serve us **We give you thanks and praise**

For all who support us **We give you thanks and praise**

For all who nourish us W**e give you thanks and praise**

For all who encourage us **We give you thanks and praise**

For all who inspire us **We give you thanks and praise**

For all who are the body of Christ to us **We give you thanks and praise**

**Reflection: *Nada te turbe* (St. Teresa of Avila)**

Let nothing disturb you

Let nothing dismay you;

All things pass;

God never changes.

Patience attains

All that it strives for.

Those who have God

Find they lack nothing:

God alone is enough.

**Reflection *The Food of Truth* (Pope Benedict XVI)**

‘The Lord Jesus, the bread of eternal life, spurs us to be mindful of the situations of extreme poverty in which a great part of humanity still lives: these are situations for which human beings bear a clear and disquieting responsibility. The food of truth demands that we denounce inhumane situations in which people starve to death because of injustice and exploitation, and it gives us renewed strength and courage to work tirelessly in the service of the civilisation of love.’

**Reflection (Br Roger of Taize)**

Jesus our hope,

Peace of our hearts

In you we find the consolation

With which God wants to pour into our lives.

And we understand that

In prayer

We can bring everything to you

Entrust everything to you

Even the things of which we are ashamed

Even the things of which we are afraid.

We entrust to you those we love and hold dear

And also those we find difficult to love

Those we find difficult to forgive.

Help us to live each day as a day that belongs to you,

And to rejoice at what you accomplish in our souls

Help us to live by the words you speak to us   
“My peace I leave you

Let not your heart

Be troubled anymore.”

**A prayer of Dietrich Bonhoeffer**God, I call on you.

Help me to pray

and gather my straying thoughts towards you;

I cannot do this alone.

In me there is darkness,

but with you there is Light;

I am lonely,   
but you do not leave me;

I am faint-hearted,   
but with you there is help;

I am restless,   
but with you there is peace;

in me there is bitterness,

but with you there is patience;

I do not understand your ways,   
but You know the way for me,

You’ll find the way for me.

Father in heaven,

Praise and thanks be to you for the rest of the night;

Praise and thanks be to you   
for all your kindness and faithfulness in my life.

Lord Jesus Christ,

You were poor, betrayed and abandoned .

You know all the hardship of your people,

You stay with me,

Even if no one stands by me,

You will not forget me   
You are always seeking me,

You want me to recognize you

and turn me towards you.

Lord, I hear your call and follow, help me!

Holy Spirit, give me the faith which saves me and lifts me up

from discouragement, despair and addictions.

Give me your love which melts all hatred and bitterness,

give me the hope that frees me from fear and despondency.

Holy, merciful God, my Creator and Saviour,

my judge and my deliverer;

You know me and all my doings.

Here before you I think of all those I carry in my heart  
my family, people at home,  
all those I love, those I find difficult to love.

Embrace us all – draw us to the fullness of life and joy in you. Amen.

**Scripture Reading: 1 Thessalonians 5: 23-25**

**From the letter of St Paul to the Thessalonians**May the God of peace make you perfect and holy;

and may you all be kept safe and blameless,

spirit, soul and body,

for the coming of our Lord Jesus Christ.

God has called you

and he will not fail you.

Beloved, pray for us.

**Prayers of St John Henry Newman**

The day is gone, and I give you thanks Lord. Evening is at hand, make it bright for us. As day has its evening, so also has life… when age overtakes us, make it bright for us. (To the end) you will carry and save us. Stay with us Lord for evening falls. Let your strength be made perfect in our weakness.   
By night I will lift up my hands to the holy place and bless the Lord. By day the Lord has sent his loving kindness. By night I will sing praise to the God of my life. Into your hands O Lord, I commend myself, my spirit, soul and body.   
It was you who made me and redeemed me, and together with me all my friends and loved ones. You have entrusted them to me, Lord, in your great goodness. Guard my lying down and my rising up, may I lie down in peace and may sleep come at once, for you alone Lord make me dwell in safety.

**Prayer of St Edith Stein:**   
“When night comes,

and you look back over the day

and see how fragmentary everything has been,

and how much you planned that has gone undone,   
and all the reasons you have

to be embarrassed and ashamed:   
just take everything exactly as it is,   
put it in God’s hands and leave it there.   
Then you will be able to rest in God  
 -- really rest --   
and start the next day as a new life”

**PRAYER TO CHRIST THE HEALER** *(Alexian Brothers)*

In the comfort of your love, I pour out to you, my Saviour,

the memories that haunt me, the anxieties that perplex me,

the fears that stifle me, the sickness that prevails upon me,   
and the frustration of all the pain that weaves about within me.

Lord, help me to see your peace in my turmoil,

your compassion in my sorrow, your forgiveness in my weakness,

and your love in my need.

Touch me, O Lord, with your healing power and strength.

**The Divine Praises**

**All –** 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 most chaste spouse.

Blessed be God in his angels and in his saints.

**Benediction Prayer**  Let us pray.  
Lord our God, may this sacrament of new life  
warm our hearts with your love  
and make us always long for  
the eternal joy of your kingdom  
Through Christ our Lord. Amen.

**Blessing of the people**