



MISSION HOLY HOUR 2:



"A personal encounter with Jesus Christ living in his Church"

Gathering Hymn: *Longing for light* (Bernadette Farrell)

(Exposition of the Blessed Sacrament as the hymn is sung)

Prayer: God of truth and love, Father, Son and Holy Spirit, hear our prayer for those who do not yet know you. That all may come to the saving knowledge of the truth, and that your name may be praised among all peoples of the world.

Sustain, inspire and enlighten your servants who bring the Gospel. Bring fresh vigour to wavering faith; sustain our faith when it is fragile.

Continually renew missionary zeal in ourselves, your Church. Raise up new missionaries who will follow you to the ends of the world. Make us all witnesses of your goodness: Full of love, strength and faith - for your glory and the salvation of the entire world. Amen.

Introduction: One of the first things that Jesus did when he began his public mission and ministry amongst us, was to gather around him men and women who would continue his mission in his name. This first group, the Apostles and Disciples, became the first community of faith, the Church. They lived a common life; were faithful to the Breaking of Bread (Eucharist), the prayers, care of the poor, and witnessed in word and action the faith in Jesus which they professed. Each one, called uniquely by Jesus, needed the support, encouragement and affirmation of the community of believers.

Scripture Reading: Matthew 11:28-30

Reflection:

- Our God is a God of compassion.
- Everyone is welcome into God's consoling presence.
- There is no aspect of my life which I cannot bring to my loving Lord.
- The Lord knows me better than I know myself.
- In his Incarnation, my Lord has embraced humanity completely.
- What has become a "Burden" in my life?
- What provides satisfaction, affirmation and approval in my life?

- Is there any aspect of my life which causes personal dissatisfaction?
- Is there anything that cries out for healing; physical, spiritual or emotional, which the community of faith helps me face?
- How do I experience the support of the faith community, the Church?

Hymn: *Come to me* and *Come back to me* (Dom. Gregory Norbert OSB)

(Period of silent reflection)

Scripture Reading : Psalm 23

"The Lord is my Shepherd"

Hymn: *The Lord's my shepherd* (Stuart Townsend)

Or

Hymn: *On Eagle's Wings* (Hillsong)

Scripture Readings on community:

Matthew 18:20

Romans 12:4-5

Psalm 133:1

1 Corinthians 1:10

Galatians 3:28-29

Hebrews 10:24-25

Acts 4:32

1 Peter 3:8

Reflection:

- "Belonging" to a group, club or organisation is important to us as social beings.
- I can derive support, encouragement, strength and courage from like-minded people.
- I am a member of the Body of Christ, the Church.
- The faith I profess in God through Jesus Christ finds nurture and guidance, as well as expression, in the Church and in the world.
- As I participate in the sacraments, I receive the necessary grace to be a living part of the Church, and a witness of what I believe.
- "EKKLESIA" (Greek): A called-out assembly or congregation. So, I respond to the vocation of God in my life, by being a member of the Church, an awesome responsibility. (Acts 2:42)

(A time of silent reflection)

Hymn: *Will you come and follow me* (John Bell & Graham Maule - Iona Community)

BENEDICTION:

Hymn: *O Bread of Heaven* (St. Alphonsus)

Prayer: V. You have given your people bread from heaven (Alleluia)

R. The bread which is full of all goodness (Alleluia)

O God, who in this wonderful sacrament has left us a memorial of your passion, help us so to reverence the sacred mysteries of your Body and Blood, that we may always experience in our lives the effects of your redemption, who live and reign forever and ever. 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: *Ubi caritas et amor, ubi caritas Deus ibi est* (Taize)

(During this chant, the Blessed Sacrament is deposed)

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

Anthem to our Lord: *Tell out my soul* (Timothy Dudley-Smith - Luke 1:46-55)