



HOPE

IN THE FUTURE



HOLY HOUR PRAYER SERVICE

Jesus must be at the centre of all our mission and evangelisation efforts: we are introducing people to Him, and He is the one who guides and inspires us in all we do. A very simple yet effective prayer suggestion is to pray as a parish team before Jesus in the Blessed Sacrament.

Here is a suggested structure for a Holy Hour.

This is the usual format for Exposition of the Eucharist outside of Mass. The Blessed Sacrament should be exposed by a Priest or Deacon, but special permission can be given to Extra-Ordinary Ministers of the Eucharist.

EXPOSITION

Begin with an opening Hymn. The Blessed Sacrament is then taken from the tabernacle and placed in a monstrance on the altar.

ADORATION

During this time there could be moments of silence, spoken intentions, pieces of scripture, reflective music and litanies.

Suggested Scripture

- Mark 14:22-24
- John 6:51, 6:53-58
- 1 Corinthians 10:16-17
- Acts 2:42

Suggested Music

- Adoration – Matt Maher
- Be Still for the Presence of the Lord – David Evans
- Behold the Lamb – CJM Music
- Bread of Life – CJM Music
- Here I am to worship – Tim Hughes
- Come to the Altar – Elevation Worship
- Sweet Sacrament Divine – Francis Stanfield

Suggested Reflection Points

- How is God calling me to serve in my parish?
- What are the next steps for our Parish Hope in the Future Team?
- How can we reach out to those who do not know the Gospel message?
- How can we engage those who have lost contact with the Church?
- How can I grow in faith and help others to grow in faith too?

Suggested Quotes on Adoration

- “When the Eucharist is being celebrated, the sanctuary is filled with countless angels who adore the divine victim sacrificed on the altar.” *St. John Chrysostom*
- “Only in adoration can a profound and genuine reception mature. And it is precisely this personal encounter with the Lord that then strengthens the social mission contained in the Eucharist.” Pope Benedict XVI
- “Jesus in the Blessed Sacrament is the living Heart of our parishes” Pope Paul VI
- Spend as much time as possible in front of the Blessed Sacrament and He will fill you with His strength and His power.” St Teresa of Calcutta

Suggested Closing Prayer

Lord our God, may this holy sacrament of new life warm our hearts with your love and make us eager to spread the Good News that Jesus is Lord of our lives. May we stay close to Him always. We ask this in His name. Amen.

BENEDICTION

The people are blessed with the monstrance in silence.

REPOSITION

As the Blessed Sacrament is replaced in the tabernacle a song can be sung (Tantum Ergo or O Sacrament most Holy).

The Divine Praises may be said.

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 St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His Saints.