

*(This animated holy hour was prepared for pastoral use. We give credits to the different sources)*

## **Theme: THE LORD'S PRAYER**

(Holy Hour Guide)

### **Introduction:**

First of all in the Lord's Prayer, we can invoke God as "Father" because Jesus-the Son of God made man has revealed the Father to us. In God the Son, Jesus- through our baptism, we are incorporated and adopted as children of God. The Lord's Prayer brings us into communion with the Father and with His Son, Jesus Christ. At the same time it reveals us to ourselves. In our Holy Hour, we meditate deeply this prayer taught by Jesus Christ.

We begin by placing ourselves in the presence of God the Father through His Son Jesus Christ in the Blessed Sacrament to adore, to love and to bless Him. (please kneel)

*(Kneel)*

Exposition Hymn:

O Sacrament most Holy, O Sacrament Divine,  
All praise and all thanksgiving, Be every moment Thine.

(silence)

### **Opening Prayer:**

- ❖ We have come, our Lord and king to be with you, to meditate the great mystery of faith: Your presence, body and blood, soul and divinity in the consecrated Bread of Life- the Eucharist. (pause)
- ❖ We have come to adore you, Jesus, by acts of faith, hope and love; to express sorrow for our sins, to make reparation for the sins of the world; to thank you for your blessings, so many of which we take for granted; and to present to you our needs, spiritual and temporal, as well as the needs of all who are near and dear to us and who have requested our prayers. (pause)
- ❖ We have come to you with loving confidence recalling your words: "ask, and it shall be given to you; seek and you shall find; knock and it shall be opened to you. for everyone who asks, receives; and he who seeks, finds; and to him who knocks, it shall be opened" (pause)
- ❖ Also, we ask our Blessed Mother, our Lady of the most Blessed Sacrament, behold us, your children blessed with the grace of spending this time in prayer before your most loving and divine Son.

(sit)

(silence)

Song – **Teach My Heart** (Bukas Palad Music Ministry)

O Lord, my God, teach my heart where and how to seek You.  
Teach my heart where and how to find You.

You are my God and my Lord and I've never seen You.  
You've made me and remade me and bestowed on me all the good things I have.

And still I do not know You.  
I have not done that for which I was made.

O Lord, my God, teach my heart where and how to seek You.  
Teach my heart where and how to find You,  
for I cannot see You unless You teach me,  
or find You unless You show Yourself to me.

Let me seek You in my desire. Let me desire You in my seeking.  
Let me find You by my loving You now.  
Let me love You when I find You.

Teach me, Lord. Teach my heart where and how to find You.

(stand)

Gospel Acclamation:

Seek ye first the kingdom of God and His righteousness;  
And all these things shall be added unto you.  
Allelu, Allelujah!

Gospel Reading: Luke 11: 1 – 4

(silence)

(sit)

**Meditation Guide:**

The Lord's Prayer stirs up in our hearts seven petitions, seven blessings. The first 3 series of petitions carries us toward God, for His own sake: THY NAME, THY KINGDOM, THY WILL! It is characteristic of love to center first of the One whom we love.

❖ **"Hallowed Be Thy Name"**

We are called to recognize the holiness of our God. Jesus taught us to ask the Father that His name be made holy, which draws us into His plan of loving kindness for the fullness of time, that we might "be holy and blameless before Him in love". In Jesus, the name of the Holy God is revealed and given to us in the flesh as Savior. In Baptism, we have been "washed... sanctified in Jesus and in the Spirit." Our Father calls us to holiness in the whole of our life, He said: You

shall be holy to me; for I the Lord am holy". We reflect... In what way do I respond to this call of God – to live in holiness at this point of my life?

(silence)

❖ "Thy Kingdom Come"

The Kingdom of God lies ahead of us. It is brought near in the Word Incarnate – in Christ's Death and Resurrection. The Kingdom of God has been coming since the Last Supper and, in the Eucharist, it is in our midst. St Cyprian said: the Kingdom of God means Christ Himself, whom we daily desire to come, and whose coming we wish to be manifested quickly to us. "Thy Kingdom come" also refers to the final coming of the reign of God through Christ's return- His second coming. The reign of God's Kingdom of righteousness, peace and joy in the Holy Spirit – is still in constant battle on earth joined between "the flesh" and the Spirit. We reflect... Do I recognize with deep faith God's Kingdom present in the Eucharist? As Christian, how did I participate in building God's Kingdom of righteousness, peace, love, joy in my relationship at home, place of work, community, parish?

(silence)

❖ "Thy Will Be Done On Earth As It Is In Heaven"

We ask insistently for God's loving plan to be fully realized on earth as it is already in heaven. In Christ, and through his human will, the will of the Father has been perfectly fulfilled once for all, he said: "I have come to do your will, O Lord"; at Gethsemane, he said: "not my will, but yours be done". For this reason, Jesus gave himself through the offering of his body to deliver us from the present evil age, according to the will of our God and Father. Although He was a Son, He learned obedience through what he suffered. We are radically incapable of this, so, we ask the Father to unite our will to his Son in order to fulfil His will. Consider how Jesus teaches us to be humble, by making us see that our virtue does not depend on our work alone but on the grace from God; not all our wills is God's will; therefore, we do not have the complete control of our life and in others' life. We reflect... At this point, what is my joy or struggle in accepting God's will in different situation and truth in my life? What particular grace I will ask to accept God's Will and obtained the endurance to do it?

(silence)

(stand)

**Intercession Prayer:**

Response: *Loving Father, Hear our prayer.*

- We ask the God to hallow his name, which by its own holiness saves and makes holy all creation. We seek and ask daily that we who were sanctified in Baptism may persevere for we need sanctification daily, so that we who fail daily may cleanse away our sins by being sanctified continually. We pray...
- We ask God that His Kingdom may reign in our hearts, in our family, community. That the strength of the Holy Spirit will help us to put into action in this world the values of the Kingdom and let not sin- evil thoughts and actions reign in our mortal bodies. We pray ...
- We ask God that His Will be done on earth as it is in heaven. That the Holy Spirit enlighten us in discerning the will of God and obtain the graces we need especially in moments of struggle to accept His will. We pray...
- In silence for our personal intentions.

Lord's Prayer (To be sung)

Give each one the Sign of Peace

**Concluding Prayer**

God our Father, may your church always be your holy people, united as you are one with the Son and the Holy Spirit. May it be for the entire world a sign of your unity and holiness, as it grows to perfection in your love.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God, forever and ever

(Kneel)

Reposition Hymn:

O Sacrament most Holy, O Sacrament Divine,  
All praise and all thanksgiving, Be every moment Thine.