

An Hour of Prayer Before The Blessed Sacrament

EXPOSITION

As the Blessed Sacrament is exposed, one of the following hymns (or any other appropriate hymn or song) can be sung:

O Saving Victim, Opening Wide (NEH 269 vv 5-6)

Come Down O Love Divine (NEH 137)

Come Holy Ghost, our souls inspire (NEH 138)

A passage of Scripture is then read. One of the following may be used:

Matthew 9:35-38

Matthew 28:16-20

Luke 4:16-21

John 20:19-24

SILENT PRAYER

An extended period of silent prayer follows. Short Scripture passages may be intertwined into this. You may like to use the following:

And He said to them, "*Go into all the world and preach the gospel to all creation*". -Mark 16:15

In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven.

Matthew 5:16

John answered and said to them all, "*As for me, I baptise you with water; but One is coming who is mightier than I, and I am not fit to untie the thong of His sandals; He will baptise you with the Holy Spirit and fire. His winnowing fork is in His hand to thoroughly clear His threshing floor; and to gather the wheat into His barn; but He will burn up the chaff with unquenchable fire.*" So with many other exhortations he preached the gospel to the people. - Luke 3:16-18

"For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him."

- John 3:16-17

Jesus said to him, "*I am the way, and the truth, and the life. No one comes to the Father except through me.*" - John 14:6

"But you will receive power when the Holy Spirit has come upon you, and you will be my witnesses in Jerusalem and in all Judea and Samaria, and to the end of the earth." -Acts 1:8

For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. -Romans 1:16

How will they preach unless they are sent? Just as it is written, "*How beautiful are the feet of those who bring good news of good things.*" - Romans 10:15

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope. - Romans 15:13

For Christ did not send me to baptize but to preach the gospel, and not with words of eloquent wisdom, lest the cross of Christ be emptied of its power. -
1 Corinthians 1:17

To the weak I became weak, that I might win the weak. I have become all things to all people, that by all means I might save some. -1 Corinthians 9:22

Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, be reconciled to God. - 2 Corinthians 5:20

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. -Ephesians 2:10

As for you, always be sober-minded, endure suffering, do the work of an evangelist, fulfil your ministry. -2 Timothy 4:5

I pray that your partnership with us in the faith may be effective in deepening your understanding of every good thing we share for the sake of Christ. Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the Lord's people. - Philemon 1:6-7

How lovely on the mountains
Are the feet of him who brings good news,
Who announces peace
And brings good news of happiness,
Who announces salvation,
And says to Zion, "*Your God reigns!*" - Isaiah 52:7

About ten minutes before the end of the Holy Hour, the following prayers (or other devotions as chosen by the celebrant) may be used:

INTERCESSIONS

Lord Jesus, your mother Mary shared with joy the news of your birth. Help us to be joyful in proclaiming your presence in the world and give us the words we need to spread the Good News of salvation.

Lord hear us.

Lord graciously hear us.

Lord Jesus, you declared the Kingdom in word and deed. Inspire all Christian people to share in your work as we strive for justice, give voice to the poor, minister to the lost and seek the common good.

Lord hear us.

Lord graciously hear us.

Lord Jesus, on the cross blood and water flowed from your pierced side. Give us courage to declare your generous love and to draw people back to you in the worship of your Church.

Lord hear us.

Lord graciously hear us.

Lord Jesus, through your rising from the dead you destroyed all that is at enmity with human life. Inspire us, your Easter people, to show forth the fruits of the New Creation.

Lord hear us.

Lord graciously hear us.

Lord Jesus, through the gift of the Holy Spirit you filled your church with power from on high. Renew your Church, take away our fear and give us fresh courage to proclaim.

Lord hear us.

Lord graciously hear us.

Almighty God,
who called your Church to witness
that you were in Christ reconciling the world to yourself:
help us to proclaim the good news of your love,
that all who hear it may be drawn to you;
through him who was lifted up on the cross,
and reigns with you in the unity of the Holy Spirit,
one God, now and for ever.

Amen.

The Lord's Prayer.

Our Father...

BENEDICTION

One of the following hymns (or any other appropriate hymn or song) is sung

Therefore we before him bending (NEH 268 vv5-6)

Be Still for the Presence of the Lord

Sweet Sacrament Divine (NEH 307)

Christ be with me (NEH 278)

Let all mortal flesh keep silence (NEH 295)

Let us pray.

Either:

Lord Jesus Christ, you gave us the Eucharist
as the memorial of your suffering and death.

May our worship of this sacrament of your body and blood
help us to experience the salvation you won for us

and the peace of the kingdom

where you live and reign with the Father

and the Holy Spirit, one God for ever and ever.

Amen.

Or:

Lord, give to our hearts
the light of faith and the fire of love,
that we may worship in spirit and in truth our God and Lord,
present in this sacrament
who lives and reigns for ever and ever.
Amen.

Benediction is given

After Benediction, the following prayer or another devotion is used

Come Holy Spirit, renew your Church and stir up your people.
In place of fear, give us courage to go where you call us.
In place of apathy, give us a passion to proclaim.
In place of shyness, give us the right words to say.
In place of reticence, motivate us to deeds of love.
Send us out as labourers into the harvest,
that through our words and lives,
our nation may hear afresh the Gospel of salvation.
Amen.

FINAL HYMN

As the Sacrament is reposed, one the following hymns (or any other appropriate hymn or song) is sung:

Blessed and praised be Jesus Christ
All for Jesus (NEH 272)
The head that once was crowned with thorns (NEH 134)
Alleluia, Sing to Jesus (NEH 271)