

## HOLY HOUR

### OPEN THE DOOR TO TRUST

**INTRODUCTION:** Trust or confidence is the firm belief in the honesty and integrity of another person. It gives to the mind and to the heart a sense of security and of reliability in the loyalty of others. Trust is indeed the foundation for every solid and intimate friendship and the basis to every up-building relationship. Without trust there is insecurity, uncertainty and even fear! Trust is a necessary virtue among people in everyday life, but it is even more necessary in our dealing with the unknown – with the divine and mysterious plans of God. Trust is in fact, an act of faith, which enables us to do everything without fear, knowing that ‘God will provide.’ WE ALL NEED TO TRUST, BUT ALSO TO BE TRUSTED!

### OPENING HYMN

### EXPOSITION OF THE BLESSED SACRAMENT – SILENT ADORATION

### INTRODUCTION TO THE FIRST READING

**Confidence and Faith in God:** This first reading tells us of the consequences of the first ‘act’ of mistrust on the part of humanity. When God forbade man the fruit of the tree of knowledge, He was asking man to put his trust in Him. But from the very beginning, man and woman preferred to put their trust in a lie! Both of them tasted the fruit of this empty confidence. To believe in God’s word is to choose between two wisdoms, the wisdom of God and the wisdom of the world. That is the challenge in our daily life.

### READING FROM THE BOOK OF GENESIS 3:1-13

### SILENT REFLECTION

### OUR RESPONSE: Hymn of a grateful heart (Psalm 138)

Together: I will give thanks to you, O Lord, with all my heart;  
In the presence of the angels I will sing your praise.  
I will worship at your holy temple and give thanks to your name  
because of your kindness and your truth;  
for you have made great above all things your name and your promise.  
When I called you answered me; you built up strength within me.  
Though I walk in distress you preserve me;  
against the anger of my enemies you raise your hand;  
your right hand saves me.  
The Lord will complete what he has done for me;  
Your kindness, O Lord, endures forever.  
Forsake not the work of your hands.

## **SONG FOLLOWED BY SILENT REFLECTION**

### **INTRODUCTION TO THE SECOND READING**

**Confidence and Humble Prayer:** The people of Israel did not learn from the example of Abraham, who was confident up to the moment of sacrifice that ‘God will provide.’ When they found themselves without earthly support in the desert, they yearned for slavery again and murmured against the Lord. Israel chose not to rely on its God. In this Gospel message, Jesus recalls the need to reject every Lord and master and to rely on the ‘One’ whose power, wisdom and fatherly love will never fail to care for us. He asks that we be confident and trusting. We love to be ‘in charge’ and that is why surrender is so difficult! How much do we really trust?

### **READING FROM THE GOSPEL OF MATTHEW 6:24-34**

### **SILENT REFLECTION**

#### **OUR RESPONSE: Lord, give us trust!**

- Leader: When we hope for peace in ourselves, with others and in the world, and experience wars instead... (Response)
- Leader: When we long for holiness, for prayer, and for goodness in ourselves and in others, but find struggle, sin and pride... (Response)
- Leader: When we desire spiritual growth in our youth, for wisdom and maturity in their life and feel helpless in the face of the many pressures they undergo... (Response)
- Leader: When we experience sadness, division, illness in families and find ourselves unable to alleviate and to heal...(Response)
- Leader: When we feel anxious over what to eat, what to wear, or how to provide for many needs, forgetting your divine providence... (Response)
- Together: God and Father of all gifts, we praise you, the source of all we have and are. Teach us to acknowledge always the many good things your infinite providence has given us. Help us to love you with all our heart and to trust you with all our strength, so that we may be free from anxiety and experience the peace of your care. We ask this through Christ, Our Lord.

## **SONG FOLLOWED BY SILENT REFLECTION**

### **INTRODUCTION TO THE THIRD READING**

**Confidence in Times of Trial:** Jesus completed his sacrifice and died with a cry of trust on his lips: “Father, into your hands I commend my spirit.” By this act of trustful love, Jesus won victory over the forces of evil and left us an example of unconditional trust in the Father. The first disciples were able to live out Jesus’ example as they witnessed with great confidence. They trusted in God’s help and in His faithfulness; they knew that God’s grace will complete its work and that nothing will “separate them from the love of Christ.” In this reading, St. Paul tells us what level of confidence Christians should have.

### **READING FROM THE LETTER OF ST. PAUL TO THE ROMANS 8:31-39**

## **HOMILY**

### **OUR RESPONSE:**

Together: I trust in you, Lord; deliver me; my life is in your hands.  
Through your love save me.  
Into your hands, O Lord, I commend my spirit.

Look at me and answer me, Lord, my God.  
Open my eyes that I may not sleep in death.  
Into your hands, O Lord, I commend my spirit.

Guard me like the pupil of your eye.  
Hide me in the shadow of your wings  
Into your hands, O Lord, I commend my spirit.

I lie down and sleep in peace.  
You alone Lord keep me safe.  
Into your hands, O Lord, I commend my spirit.

In joy I will look upon your face, Lord, when I awake.  
I will be satisfied with your face.  
Into your hands, O Lord, I commend my spirit.

## **REPOSITION OF THE BLESSED SACRAMENT**

## **CLOSING HYMN**