

God saw that it was good

A Holy Hour on the theme of Creation

Prayer before the Blessed Sacrament

Exposition

Song

After the people have assembled, a song may be sung while the minister comes to the altar.

Suggested themes and songs can be found at the end of this resource.

Adoration

Reading

Genesis 1-2:3

In the beginning, God created the heavens and the earth. The earth was without form and void, and darkness was over the face of the deep. And the Spirit of God was hovering over the face of the waters.

And God said, "Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

And God said, "Let there be an expanse in the midst of the waters, and let it separate the waters from the waters." And God made the expanse and separated the waters that were under the expanse from the waters that were above the expanse. And it was so. And God called the expanse Heaven. And there was evening and there was morning, the second day.

And God said, "Let the waters under the heavens be gathered together into one place, and let the dry land appear." And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good.

And God said, "Let the earth sprout vegetation, plants yielding seed, and fruit trees bearing fruit in which is their seed, each according to its kind, on the earth." And it was so. The earth brought forth vegetation, plants yielding seed according to their own kinds, and trees bearing fruit in which is their seed, each according to its kind. And God saw that it was good. And there was evening and there was morning, the third day.

And God said, "Let there be lights in the expanse of the heavens to separate the day from the night. And let them be for signs and for seasons, and for days and years, and let them be lights in the expanse of the heavens to give light upon the earth." And it was so. And God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. And God set them in the expanse of the heavens to give light on the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day.

And God said, "Let the waters swarm with swarms of living creatures, and let birds fly above the earth across the expanse of the heavens." So God created the great sea creatures and every living creature that moves, with which the waters swarm, according to their kinds, and every winged bird according to its kind. And God saw that it was good. And God blessed them, saying, "Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth." And there was evening and there was morning, the fifth day.

And God said, "Let the earth bring forth living creatures according to their kinds—livestock and creeping things and beasts of the earth according to their kinds." And it was so. And God made the beasts of the earth according to their kinds and the livestock according to their kinds, and everything that creeps on the ground according to its kind. And God saw that it was good.

Then God said, "Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth."

So God created man in his own image, in the image of God he created him; male and female he created them.

And God blessed them. And God said to them, "Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth." And God said, "Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food." And it was so. And God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

Thus the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

Reflection

God saw that it was good

The constant refrain throughout the Creation story in the first Chapter of Genesis is 'God saw that it was Good'. The whole of creation, from the formless void through to the tiniest of creatures and plants has an inherent goodness. What a beautiful reminder. And we ourselves, created by God, are invited to hear this reminder to 'God saw that it was good.' How often we can feel inadequate or unworthy, and yet God has created us as human beings, with our imperfections and idiosyncrasies, and God looks on us with delight, and calls us 'good'.

How difficult it is to hear this about ourselves, and to hear it about the whole of creation – each person, each creature, each plant, each ray of light is created, has worth, gives delight and praise to the Creator. If I can truly hear the message of this first Chapter of Genesis, how will it shape my relationship with God who delights in me? How will it shape my attitude to others? How will it shape my attitude to the whole of creation, the plants, creatures, water and soil? Surely I am called to love each part of creation and to say with God 'it is Good'.

Sr Lynne Barron fcj. Faithful Companions of Jesus

Silence

Intercessions

Let us pray for our world, that we can become stewards of the earth, recognising the beauty of God's creation around us.

Let us pray for the earth's resources, that they are used fairly among all peoples so that every person can benefit.

Let us pray for those in our world facing natural disasters, floods, earthquakes, storms, volcanic eruptions, droughts and famine, that You will give each person the strength and hope for a better future as the community rebuilds.

Benediction

The priest or deacon goes to the altar genuflects and kneels. A hymn, such as Tantum ergo, or other eucharistic song is sung.

Prayer

The following is suggested from the Rite:

Lord our God,
you have given us the true bread from heaven.
In the strength of this food
may we live always by your life
and rise in glory on the last day.
We ask this through Christ the Lord.

Blessing

The priest or deacon puts on the humeral veil, genuflects, and takes the monstrance or ciborium. He makes the sign of the cross over the people with the monstrance or ciborium in silence.

Reposition

Reposition

After the blessing the Blessed Sacrament is replaced in the tabernacle.

Acclamation

As the Blessed Sacrament is being replaced the people may sing an acclamation.

Music

Possible themes include: God the Creator, Thanksgiving Eucharist, Creation.

- To God be the Glory
- Unless a grain
- For the beauty of the earth
- All Creatures of Our God and King
- Beautiful One – Tim Hughes
- I could sing of your love forever – Delirious
- You're Beautiful – Phil Wickham
- Mountain to Valley – House Fires



Excerpts from *Holy Communion and Worship of the Eucharist outside Mass*
© 1974 International Committee on English in the Liturgy, Inc. Scripture quotations are from the ESV® Bible (*The Holy Bible, English Standard Version*®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved.

Other material and layout © 2024 Catholic Bishops' Conference of England and Wales.

God saw that it was good

A Holy Hour on the theme of Creation

What can we do in Adoration?

One of St John Vianney's parishioners stated that in adoration he answered: 'I just look at Him, and He looks at me. And that is it'. It is one of the most intimate moments we can have with Jesus, being still and quiet, whilst gazing on him in Adoration. Suggestions:

- **Silence:** do not be afraid of the silence, keep your eyes fixed on Jesus in the monstrance and just enter into his presence.
- **Pray:** have a conversation with Jesus, open your heart and share this with Jesus, who knows our innermost thoughts.
- **Read Scripture:** in this guide to adoration and holy hours, there will be a number of suggested Scripture passages for you to reflect on.
- **Journal:** write down what is on your mind (dreams, desires, worries and prayer intentions) and bring this to Jesus today.
- **Reading:** have a spiritual book to read that will help you become quiet and contemplative to help you focus your holy hour.
- **Hymns/Music:** there maybe times where a hymn or a piece of music is being played, listen and embrace the words. God can speak to us in many ways.

Reflection

Blessed are you, Lord God of all creation,
for through your goodness we have received
the bread we offer you:
fruit of the earth and work of human hands,
it will become for us the bread of life.

Blessed are you, Lord God of all creation,
for through your goodness we have received
the wine we offer you:
fruit of the vine and work of human hands
it will become our spiritual drink.

The central symbols of the Eucharist, the bread and wine which become the Body and Blood of Christ, are fruits of the earth. Simple food and drink that is rooted in creation itself. It is also, the work of human hands. As we reflect on all things creation, in front of the Eucharist today, let us give thanks for the goodness of God's creation, especially in the life giving Eucharist. Let us now reflect on the following questions:

- How are we motivated from our time in front of the Eucharist to answer God's call of being stewards of creation?
- How might you be called to develop an attitude of delight in God's creation?
- Can you hear as you sit and gaze upon Jesus in the Eucharist, Him saying to you, 'you are good'?
- How might God's love of you call you to respond lovingly to others and to the whole of creation?

Action

In this moment of prayer and Adoration let us turn our thoughts to how you can leave this space and put into action what you have received. Perhaps you can become more aware of your own environment, how can you personally take care of the environment and the land around you? How can you use resources more sparingly? Can you support a charity that works for the better of creation?

St Hildegard of Bingen said "the Earth sustains humanity. It must not be injured; it must not be destroyed". Take this time now and ask Jesus what he is calling you to do next, in order to protect the world around us and the planet.