

# He was lost, and is found

## A Holy Hour on Forgiveness

### 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

Luke 15:11–32

Jesus said, “There was a man who had two sons. And the younger of them said to his father, ‘Father, give me the share of property that is coming to me.’ And he divided his property between them. Not many days later, the younger son gathered all he had and took a journey into a far country, and there he squandered his property in reckless living. And when he had spent everything, a severe famine arose in that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him into his fields to feed pigs. And he was longing to be fed with the pods that the pigs ate, and no one gave him anything.

“But when he came to himself, he said, ‘How many of my father’s hired servants have more than enough bread, but I perish here with hunger! I will arise and go to my father, and I will say to him, ‘Father, I have sinned against heaven and before you. I am no longer worthy to be called your son. Treat me as one of your hired servants.’” And he arose and came to his father. But while he was still a long way off, his father saw him and felt compassion, and ran and embraced him and kissed him. And the son said to him, ‘Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.’ But the father said to his servants, ‘Bring quickly the best robe, and put it on him, and put a ring on his hand, and shoes on his feet. And bring the fattened calf and kill it, and let us eat and celebrate. For this my son was dead, and is alive again; he was lost, and is found.’ And they began to celebrate.

“Now his older son was in the field, and as he came and drew near to the house, he heard music and dancing. And he called one of the servants and asked what these things meant. And he said to him, ‘Your brother has come, and your father has killed the fattened calf, because he has received him back safe and sound.’ But he was angry and refused to go in. His father came out and entreated him, but he answered his father, ‘Look, these many years I have served you, and I never disobeyed your command, yet you never gave me a young goat, that I might celebrate with my friends. But when this son of yours came, who has devoured your property with prostitutes, you killed the fattened calf for him!’ And he said to him, ‘Son, you are always with me, and all that is mine is yours. It was fitting to celebrate and be glad, for this your brother was dead, and is alive; he was lost, and is found.’”

## Reflection

Reconciliation and forgiveness at the heart of everything

The word prodigal may invoke thoughts of repentance or being lost, yet it actually means reckless, extravagant or wasteful. Therefore all three characters could be considered prodigal! The youngest son wastes his father's money; the father is extravagant with his love; and the elder brother is wasteful by failing to be grateful. Lets explore these three men further.

The younger son has effectively told his father 'I wish you were dead', he doesn't want a father he wants his inheritance. The father gives him it, and soon the son realises the supposed freedom and happiness of the world is false. He could have made a real success of himself but he wastes these gifts trading his potential for cheap thrills.

The elder son, though outwardly obedient, wants the same as the younger – his reward. For him, his brother's return is a danger to his own inheritance. The father assures him: 'everything I have is yours' the younger has had his monetary reward, he is now given the greater gift of being a son again. The elder fails to see this.

The Father is not headstrong, he holds no grudges, he goes out to meet both sons. He seeks to reconcile having a relationship with both of his sons is worth more than money or being right.

So often we let obstacles come in the way of our relationships, and in so doing we put a price on those relationships; the issue is worth more than the relationship.

Joe Hopkins, Diocese of NottinghamSilence

## Intercessions

Let us pray in thanksgiving for the Sacrament of Confession, that we are able to receive, fully, God's mercy and find peace and healing in the Sacrament.

Let us pray for those who find it hard to forgive, that their hearts will soften and lead them to let go of any regrets or burdens.

Let us pray to you Jesus, as we Adore you, we give you everything, our lives, our joy, sins and struggles, may we seek your forgiveness in order to move forward in our lives.

## 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,  
may we always give due honour  
to the sacramental presence of the Lamb who was slain for us.  
May our faith be rewarded  
by the vision of his glory,  
who lives and reigns for ever and ever.

### 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's love for us, Jesus' ministry, Forgiveness and Reconciliation*

- Make me a channel of your peace
- Be still for the presence of the Lord
- Lay your hands gently upon us
- Lead us heavenly Father lead us
- Lord I need you - Matt Maher
- We fall down - Chris Tomlin
- Open the Eyes of my Heart – Chris Bowater
- O Come to the Altar



Excerpts from *Holy Communion and Worship of the Eucharist outside Mass*  
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### 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.

*Some suggested ways to spend your time in Eucharistic Adoration:*

- **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

- How do you use the gifts God has given us?
- When have you exchanged a great good for empty thrills?
- How can you offer everything to Jesus today in the Eucharist?
- When do you fail to share this love?
- How can you find healing in the Eucharist?
- How can you be extravagant with your forgiveness?

### Action

Take time, if it is available to go to the Sacrament of Reconciliation. If it is not available now, find time to go as soon as you can. It may have been many years or even a week ago since your last Confession, however, God's mercy is always available to those who seek it, use this time to ponder on what you would like to offer Jesus in the Sacrament.