

# You shall call his name Jesus

## A Holy Hour on the theme of Marriage and Family life

### 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

(Matthew 1:18-25)

Now the birth of Jesus Christ took place in this way. When his mother Mary had been betrothed to Joseph, before they came together she was found to be with child from the Holy Spirit. And her husband Joseph, being a just man and unwilling to put her to shame, resolved to divorce her quietly. But as he considered these things, behold, an angel of the Lord appeared to him in a dream, saying, "Joseph, son of David, do not fear to take Mary as your wife, for that which is conceived in her is from the Holy Spirit. She will bear a son, and you shall call his name Jesus, for he will save his people from their sins." All this took place to fulfill what the Lord had spoken by the prophet: "Behold, the virgin shall conceive and bear a son, and they shall call his name Immanuel" (which means, God with us). When Joseph woke from sleep, he did as the angel of the Lord commanded him: he took his wife, but knew her not until she had given birth to a son. And he called his name Jesus.

##### Reflection

Mary and Joseph welcome Jesus

As you sit today in the presence of the Lord, in adoration, we invite you to contemplate the marriage of Mary and Joseph, and the family into which they welcomed Jesus.

Who are this couple? What sort of family are they creating? What can this scriptural passage tell me about my own life, my own family?

Mary has abandoned herself to God's love and providence, trusting that all will be well. She is vulnerable and exposed. She is silent in this passage, yet she is the Bearer of Life, the living Ark of the New Covenant. She holds within her Christ present to you in the Eucharist today. Yet she needs the help and protection of her family.

St Joseph is an ordinary man whom God relies on to do extraordinary things, to protect Mary and the child she carries. Joseph in this passage is a man of busyness: he worries, he decides, he dreams and he names the child.

Crucially, within this busyness Joseph listens to the voice of God and is prepared to change his plans to meet the needs of his wife. In Adoration today you have the opportunity to listen, to reflect on what the Lord is saying to you. You are invited to take this and orientate all your daily busyness in your family to what you have heard in this time of prayer.

It is in the family that children first learn what it means to be forgiven, and in so doing, they begin to learn what it means to forgive. Jesus comes to save us from our sinfulness and is born into a family whose lives are oriented towards God and doing good.

Ingrid la Trobe, Archdiocese of Southwark

## Silence

### Intercessions

Let us pray for all married couples, giving thanks for their vocation, we pray that they may grow together in holiness.

Let us pray for all married couples, that their life together may be a witness to God's love in everything that they do.

Let us pray for those discerning marriage, if engaged that they can be supported in this time on the lead up to Sacrament. For those looking for a spouse we pray that they can find and meet the person God is calling them to be with.

## 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,  
in this great sacrament  
we come into the presence of Jesus Christ, your Son,  
born of the Virgin Mary  
and crucified for our salvation.

May we who declare our faith in this fountain of love and mercy  
drink from it the water of everlasting life.

We ask this through Christ our 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

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*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, Love of God, the Church, Christmas

- A new commandment
- My God loves me
- This is my body
- Oh, the love of my Lord is the essence
- The Blessing - Elevation Worship
- Will you let me be your servant
- Oceans - Hillsong



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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

- What are the real needs of your family?
- Joseph and Mary both listened to the will of God and put their trust in Him. What might God be saying to you today?
- What worries you? Offer this to Jesus as you sit here in Adoration today. Surrender all your worries and troubles to him and receive that inner peace.
- Is there anything you need to change?
- Ask yourself what needs to change so that your family can also always be oriented towards God and doing good?

### Action

Think of a married couple who inspire you, keep them in your mind and pray in thanksgiving for them. Perhaps you might be called to serve at a family's day in the parish to help and support it in some way.