

He is going before you to Galilee

A Holy Hour on the Risen Jesus

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

Mark 16:1-8

When the Sabbath was past, Mary Magdalene, Mary the mother of James, and Salome bought spices, so that they might go and anoint him. And very early on the first day of the week, when the sun had risen, they went to the tomb. And they were saying to one another, "Who will roll away the stone for us from the entrance of the tomb?" And looking up, they saw that the stone had been rolled back it was very large. And entering the tomb, they saw a young man sitting on the right side, dressed in a white robe, and they were alarmed. And he said to them, "Do not be alarmed. You seek Jesus of Nazareth, who was crucified. He has risen; he is not here. See the place where they laid him. But go, tell his disciples and Peter that he is going before you to Galilee. There you will see him, just as he told you." And they went out and fled from the tomb, for trembling and astonishment had seized them, and they said nothing to anyone, for they were afraid.

Reflection

Can we return to our Galilee?

The day dawned full of grief, practicalities, and anxiety around moving the stone. But then, within minutes of arriving at the tomb, the women discovered that the reason for all this grieving and preoccupation had vanished. 'He is not here...' They needed to find Jesus elsewhere.

They needed to return to Galilee... To the place of their first encounter with Jesus; the place where their love story with him, and discipleship began. They needed to return to their first call, and first love, and to times filled with the sheer wonder and joy of being with Jesus, with prayer and growth and transformation, and knowing the immensity and tenderness of his love. And us?

We each have at least one Galilee in our lives. It could be an actual place, or the memory of a graced moment; maybe the moment of our first encounter with Jesus, of knowing his love, or being called. And there are times when we need to return there: not in order to live in the past, but in order to draw strength; and experience, anew, that moment of interior resurrection and new life. We need to go back, in order to go forward.

We can allow ourselves to become preoccupied by heavy stones of fear and disappointment, sin and self-doubt. Can we allow God to roll back those stones for us? And can we hear him say 'Jesus is not here... He is in Galilee...'? And can we return to our Galilee?

Silence

Intercessions

Let us pray in thanksgiving for fresh starts, that we use this opportunity to reconcile ourselves with God and grow from this, drawing us ever closer to Him.

Let us pray that others too can experience a time of renewal, that they can experience the tender love of God through His mercy and forgiveness.

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,
may this sacrament of new life
warm our hearts with your love and make us eager
for the eternal joy of your kingdom.
We ask 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

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, the Risen Jesus, Mission.

- Freely, Freely
- Make me a channel of your peace
- O the Love of my Lord
- Love divine, all loves excelling
- Alive Again – Matt Maher
- Open the eyes of my heart Lord – Chris Bowater
- At the Table – One Hope Project
- Blessed be your name – Matt Redman

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To Love is to Adore
Holy Hours
TO LOVE IS TO SERVE



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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 can we begin to move from this space, as you have encountered Jesus in the Eucharist, who gives us the opportunity to start afresh?
- At what moment in our lives did we personally encounter Jesus? Go back to that moment as you gaze upon Him in Adoration and draw strength from it, how will this now help you start afresh.
- How can your encounter today with Jesus move you to do something new in life?

Action

Saint Francis de Sales said "It is right that you should begin again every day. There is no better way to complete the spiritual life than to be ever beginning it over again."

As we leave this space how can we start afresh? How can we draw closer to God? How do we encourage others to start afresh? How can we strive to serve as a part of this renewal?