

# Do not be afraid

## A Holy Hour on the theme of Vocation

### 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 14:22-33

Immediately Jesus made the disciples get into the boat and go before him to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone, but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them. And in the fourth watch of the night he came to them, walking on the sea. But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear. But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."

And Peter answered him, "Lord, if it is you, command me to come to you on the water." He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus. But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me." Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?" And when they got into the boat, the wind ceased. And those in the boat worshipped him, saying, "Truly you are the Son of God."

##### Reflection

Jesus says, "Take heart; it is I. Do not be afraid."

The disciples are doing well following Jesus' instructions. He asked them to get into the boat and go ahead of him, saying he would meet them at the other side of the lake... it is easy to do as we are asked when it is a simple thing, but then the storm came, and the disciples became afraid. It is the same for all of us, even today. We say, "yes Jesus, I will follow you." but then when our mind is focused on what is most natural for us, we become self-guided drones! Most of the time it is not a conscious choice... a little like a leaf blowing in the wind.

All the disciples on the boat were afraid, Peter too... but Peter was not conditioned by his fear, he was more focused on his love and friendship with Jesus. When he asked Jesus if he could come to him on the water, he was asking to come close to Jesus and learn to do as Jesus is doing. This was good! But as many of us learn, we are willing and eager, but realise we cannot do it ourselves. We can only be like Jesus if we keep a tight hold on Jesus.

Sr Elaine Penrice FSP – Daughter of St Paul

##### Silence

## Intercessions

Let us pray for all men and women who are discerning their vocation, that they will have the confidence in Jesus our Lord who will guide them and lead them to holiness.

Let us pray for our own calling, that through this time with Jesus in the Eucharist, we can be transformed to follow him more deeply and help others to know Christ.

Let us pray for our priests, religious and deacons in thanksgiving for each of them in their work, prayer, through bringing us the Sacraments and through service. We pray that more of our brothers and sisters respond generously to your call.

## 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

### 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: Jesus Christ, Vocation, Mission and Discipleship, Trust and Guidance.*

- I the Lord of Sea and Sky
- I will be with you
- Follow me, Follow me
- Guide me O thou Great Redeemer
- Oceans – Hillsong
- O Come to the Altar – Elevation Worship
- You know me – Bethel Music
- Who you say I am – Ben Fielding



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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

And when they got into the boat, the wind ceased. And those in the boat worshiped him' (Matthew 14:33). This is one of the only times we hear the disciples worshipping Jesus, they knew who he truly was "truly you are the Son of God" (Matthew 14:33). Jesus is truly present with us today, as we worship Him in Adoration, just like the disciples did in the boat, on the water. Let us take a moment to really feel his presence as he draws you closer to Him.

Jesus says in this Scripture passage, "take heart; it is I. Do not be afraid." (Matthew 14:27), the disciples trusted Jesus and answered the call of God, if he has called us, he will support us. How can we trust him in our own decisions? Offer that to Jesus as you sit in Adoration today.

- Who do you identify with in this gospel, the disciples in the boat or with Peter?
- Where is your focus?
- How do you feel about Jesus asking you to get into the boat?
- Where is that boat going?
- How do you feel about Jesus asking you to get out of the boat, onto the water?

### Action

Is there something you need to make a decision about? Why not take the time to pray over this decision to commit yourself and seek out an answer. If you need to speak to someone about this, find someone who might be able to help you.