Holy Hour

Friday, August 20, 2021

“Fear of the Unknown”

Presider: Introduction

Prelude – Peace

When my mind is like a battlefield
And my heart is overcome by fear
And hope seems like a ship that's lost at sea

My enemies on every side
And I'm tempted to run and hide
Your gentle whisper reaches out to me

Chorus

Peace
Holds me when I'm broken
Sweet peace
That passes understanding
When the whole wide world is crashing down
I fall to my knees
And breathe in
Your peace

Fiery arrows whistling
The terror of the night sets in
But I can feel Your angels all around

I am resting underneath
The shelter of Your mighty wings
Your promises are where my hope is found
All my hope
Chorus

I remember who You are
You're the God who's never far
So I will not be afraid
God, You always keep me safe in Your arms

Chorus

Processional Hymn

Adóro te devóte, latens Déitas,
Quae sub his figúris vere látitas:
Tibi se cor meum totum súbjicit,
Quia te contémplans totum déficit.

O memoriále mortis Dómini,
Panis vivus vitam praestans hómini,
Praesta meae menti de te vivere,
Et te illi semper dulce sápere.

Jesu, quem velátum nunc aspício,
Oro fiat illud quod tam sítio:
Ut te reveláta cernens fácie,
Visu sim beátus tuae glóriae.

Presider: Opening Prayer

Lord, we thank you that you are the God of refuge. You are mighty, powerful, righteous, and true. Today, we come to you in prayer asking for your love, protection, and provision. We know you are the one true source of hope.

Please be a place of refuge and a constant presence of love and support for all those experiencing fear and confusion on what lies ahead for us.

Please help us come to you for hope and guidance during times of uncertainty.
It’s through your grace that we can continue to serve one another in your name no matter the circumstance. We ask for your peace in place of our anxiety. We pray this in your heavenly name.

Response: Amen.

**Song – Run to the Father**

I've carried a burden  
For too long on my own  
I wasn't created  
To bear it alone  
I hear Your invitation  
To let it all go  
Yeah, I see it now  
I'm laying it down  
And I know that I need You

**Chorus**  
I run to the Father  
I fall into grace  
I'm done with the hiding  
No reason to wait  
My heart needs a surgeon  
My soul needs a friend  
So I'll run to the Father  
Again and again  
And again and again  
Oh-oh, oh-oh, oh-oh

You saw my condition  
Had a plan from the start  
Your Son for redemption  
The price for my heart  
And I don't have a context  
For that kind of love  
I don't understand
I can't comprehend
All I know is I need You

**Chorus**

My heart has been in Your sights
Long before my first breath
Running into Your arms
Is running to life from death
And I feel this rush deep in my chest
Your mercy is calling out
Just as I am You pull me in
And I know I need You now

**Chorus**

*Lector A: Scripture Reading #1: “Go with the strength you have . . I will be with you”*

*Judges 6:11-16*

A reading from the Book of Judges

The messenger of the LORD came and sat under the terebinth in Ophrah that belonged to Joash the Abiezrite.

Joash’s son Gideon was beating out wheat in the wine press to save it from the Midianites, and the messenger of the LORD appeared to him and said: The LORD is with you, you mighty warrior!

“My lord,” Gideon said to him, “if the LORD is with us, why has all this happened to us?

Where are his wondrous deeds about which our ancestors told us when they said, ‘Did not the LORD bring us up from Egypt?’ For now the LORD has abandoned us and has delivered us into the power of Midian.
The LORD turned to him and said: Go with the strength you have, and save Israel from the power of Midian. Is it not I who send you?

But he answered him, “Please, my Lord, how can I save Israel? My family is the poorest in Manasseh, and I am the most insignificant in my father’s house.”

The LORD said to him: I will be with you, and you will cut down Midian to the last man.

The Word of the Lord

Presider: Scripture Reflection 1

Silence

Song – Safe

Under Your grace, Your mercy amazes me
Under Your wings, Your shadow covers me
Your promise of love, where my heart is safely undone

Speak to me Lord, Your servant is listening
Over the noise, I hear You whispering
My hope has come, and my heart is safely undone

Chorus
I found my fortress in You
And my soul is anchored with You
My resting place is in Your name
Forever safe

Speak to me Lord, Your servant is listening
Over the noise, I hear You whispering
My hope has come, and my heart is safely undone

Chorus
You are never far away  
Always reaching out to save  
My weakness covered by Your strength  
And I am found forever safe

**Chorus**

*Presider: Scripture Reading #2: “Do Not Be Afraid . . . Trust in God”*  
*Luke 1:26-37*

A Reading from the Holy Gospel According to Luke

In the sixth month, the angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David, and the virgin’s name was Mary.

And coming to her, he said, “Hail, favored one! The Lord is with you.” But she was greatly troubled at what was said and pondered what sort of greeting this might be.

Then the angel said to her, “Do not be afraid, Mary, for you have found favor with God. Behold, you will conceive in your womb and bear a son, and you shall name him Jesus. He will be great and will be called Son of the Most High, and the Lord God will give him the throne of David his father, and he will rule over the house of Jacob forever, and of his kingdom there will be no end.”

But Mary said to the angel, “How can this be, since I have no relations with a man?” And the angel said to her in reply, “The holy Spirit will come upon you, and the power of the Most High will overshadow you.

Therefore, the child to be born will be called holy, the Son of God. And behold, Elizabeth, your relative, has also conceived a son in her old age, and this is the sixth month for her who was called barren; for nothing will be impossible for God.”
Mary said, “Behold, I am the handmaid of the Lord. May it be done to me according to your word.” Then the angel departed from her.

The Gospel of the Lord

_Presider: Scripture Reflection 2_

**The prayer of Teresa of Avila**

Let nothing disturb you,

Let nothing frighten you,

All things pass away,

God never changes,

Patience obtains all things,

He who has God finds he lacks nothing.

God alone suffices.

_Lector B: Scripture Reading #3 : “Do Not Swerve ... Observe the Law ... Be Strong and Steadfast”_  
*Joshua 1:1-9*

A reading from the Book of Joshua

After Moses, the servant of the LORD, had died, the LORD said to Moses’ aide Joshua, son of Nun: Moses my servant is dead. So now, you and the whole people with you, prepare to cross the Jordan to the land that I will give the Israelites.

Every place where you set foot I have given you, as I promised Moses. All the land of the Hittites, from the wilderness and the Lebanon east to the great river Euphrates and west to the Great Sea, will be your territory.
No one can withstand you as long as you live. As I was with Moses, I will be with you: I will not leave you nor forsake you. Be strong and steadfast, so that you may give this people possession of the land I swore to their ancestors that I would give them.

Only be strong and steadfast, being careful to observe the entire law which Moses my servant enjoined on you. Do not swerve from it either to the right or to the left, that you may succeed wherever you go.

Do not let this book of the law depart from your lips. Recite it by day and by night, that you may carefully observe all that is written in it; then you will attain your goal; then you will succeed. I command you: be strong and steadfast!

Do not fear nor be dismayed, for the LORD, your God, is with you wherever you go.

The Word of the Lord

Presider: Scripture Reflection 3

Silence

Song – Peace Be Still

I don't wanna be afraid
Every time I face the waves
I don't wanna be afraid
I don't wanna be afraid
And I don't wanna fear the storm
Just because I hear it roar
I don't wanna fear the storm
I don't wanna fear the storm

Chorus
Peace be still
Say the word and I will
Set my feet upon the sea
'Til I'm dancing in the deep
Peace be still
You are here so it is well
Even when my eyes can't see
I will trust the voice that speaks

I'm not gonna be afraid
'Cause these waves are only waves
I'm not gonna be afraid
No, I'm not gonna be afraid
And I'm not gonna fear the storm
You are greater than it's roar
Oh, I'm not gonna fear the storm
No, I'm not gonna fear at all

Chorus

Let faith rise up
Oh, heart believe
Let faith rise up in me
And let faith rise up
Oh, heart believe
Let faith rise up in me

Chorus

Litany of Trust

From the belief that I have to earn Your love … Deliver me, Jesus.

From the fear that I am unlovable … Deliver me, Jesus.

From the false security that I have what it takes … Deliver me, Jesus.

From the fear that trusting You will leave me more destitute … Deliver me, Jesus.

From all suspicion of Your words and promises … Deliver me, Jesus.
From the rebellion against childlike dependency on You … Deliver me, Jesus.

From refusals and reluctances in accepting Your will … Deliver me, Jesus.

From anxiety about the future … Deliver me, Jesus.

From resentment or excessive preoccupation with the past … Deliver me, Jesus.

From restless self-seeking in the present moment … Deliver me, Jesus.

From disbelief in Your love and presence … Deliver me, Jesus.

From the fear of being asked to give more than I have … Deliver me, Jesus.

From the belief that my life has no meaning or worth … Deliver me, Jesus.

From the fear of what love demands … Deliver me, Jesus.

From discouragement … Deliver me, Jesus.

That You are continually holding me, sustaining me, loving me… Jesus, I trust in you.

That Your love goes deeper than my sins and failings, and transforms me … Jesus, I trust in you.

That not knowing what tomorrow brings is an invitation to lean on You … Jesus, I trust in you.

That You are with me in my suffering … Jesus, I trust in you.

That my suffering, united to Your own, will bear fruit in this life and the next … Jesus, I trust in you.

That You will not leave me orphan, that You are present in Your Church… Jesus, I trust in you.
That Your plan is better than anything else … Jesus, I trust in you.

That You always hear me, and in Your goodness always respond to me … Jesus, I trust in you.

That You give me the grace to accept forgiveness and to forgive others … Jesus, I trust in you.

That You give me all the strength I need for what is asked… Jesus, I trust in you.

That my life is a gift … Jesus, I trust in you.

That You will teach me to trust You … Jesus, I trust in you.

That You are my Lord and my God … Jesus, I trust in you.

That I am Your beloved one … Jesus, I trust in you.

Amen

**Prayer of Petition**

*Presider:* Jesus instructed his disciples to pray at all times for what they need. As followers of Christ, we bring our prayers and concerns before almighty God.

*Lector C:* For every young adult who has fallen in love: that they might recognize the presence and power of God in their lives. We pray to the Lord.

*Response:* Lord, hear our prayer.

*Lector C:* For the ones who cannot protect themselves and the ones who are emotionally and physically traumatize, we pray that You would place men and women of faith in their paths to show them that they are special, and they are loved. We pray to the Lord.
Response: Lord, hear our prayer.

Lector C: For all of the young adults, grant them the faith to seek You and welcome an outpouring of the Holy Spirit into their lives. Pray that they will understand the Holy Spirit’s power, and that they will follow the Spirit’s guidance so they can recognize the difference between what’s true and what’s false. We pray to the Lord.

Response: Lord, hear our prayer.

Lector C: For all those who are struggling with a specific, sinful attitude or action, guide them to realize that prayers can be instrumental in helping them find the healing they need. Allow them to be free from anything that separates them from You and experience transformation that can only be found in Your presence. We pray to the Lord.

Response: Lord, hear our prayer.

Lector C: For all of us, we ask that we rely on Your guidance every day so we can discover the peaceful and hopeful lives You want us to live. We pray for the strength we need to fulfill Your purposes for our lives. Help us to remain faithful and continue to grow closer to You. We pray to the Lord.

Response: Lord, hear our prayer.

Presider: Lord, we ask God to help our young adults to figure out the best direction they should go with their lives. We pray for the Holy Spirit to guide them as they make decisions, from where to go to college to what career and volunteer work to pursue. We ask you to help them discover, develop, and use the gifts and talents You have given them. We pray for You to encourage them and clear away confusion when they become overwhelmed or fail, so they can hear from You and keep fulfilling Your purposes for their lives. We ask You to instill a desire in them to always be in the center of Your will.

Amen

Benediction
Song – Tantum Ergo

Tantum ergo Sacramentum
Veneremur cernui:
Et antiquum documentum
Novo cedat ritui:
Praestet fides supplementum
Sensuum defectui.

Genitori, Genitoque
Laus et iubilatio,
Salus, honor, virtus quoque
Sit et benedictio:
Procedenti ab utroque
Compar sit laudatio.

Amen

Presider:  You have given them bread from heaven.
All: Having all sweetness within it.

Let Us Pray,

Priest: Lord Jesus Christ, you gave us the Eucharist as the memorial of your
suffering and death. May our worship of this sacrament of your Body and blood,
help us to experience the salvation you won for us and the peace of the
kingdom, where you live with the Father and the Holy Spirit, one God forever
and ever

All: Amen
Blessing with Monstrance

DIVINE PRAISES
(Sung with Chorus)

Blessed be God.
Blessed be His holy Name
Blessed be Jesus.
True God and true man
Blessed be the name of Jesus.
Blessed be his most Sacred Heart.
Blessed be Jesus - in the Sacrament of the altar
Blessed be the Holy Spirit the Paraclete
Blessed be the great Mother of God
Mary most holy.
Blessed be her holy
Immaculate Conception.
Blessed be her glorious
Her glorious assumption.
Blessed be the name of Mary
Virgin and mother.
Blessed be St. Joseph
her most chaste spouse.
Blessed be God
in his angels and His saints.
Blessed be the great Lord Jesus
Our Everything

His name is Jesus
Precious Jesus
The Lord Almighty
King of my heart
King of glory.
Amen
Reposition of the Blessed Sacrament

Closing Hymn

Holy God, we praise thy name;
Lord of all, we bow before thee;
All on earth thy scepter claim,
All in heaven above adore thee.
Infinite thy vast domain,
Everlasting is they reign!

Hark, the loud celestial hymn;
Angel choirs above are raising;
Cherubim and Seraphim,
In unceasing chorus praising,
Fill the heavens with sweet accord
Holy, holy, holy, Lord