

*If anyone would like to offer a prayer intention, please do so ...
... Lord, hear our prayer.*

We pray together the Lord's Prayer, *Our Father...*

Final Prayer

As our time of prayer together comes to an end we say together.....

If the Blessed Sacrament IS exposed

Lord Jesus, thank you for this time we have spent in your presence. Thank you for the many gifts you have given us. **We** ask that through our suffering, we may unite with you in your sacrifice on the Cross, and through this come to love you more and more. Confident of your unending love, we place our prayer before you. Amen

If the Blessed Sacrament is NOT exposed

Loving Father, thank you for this time we have spent in your presence. Thank you for the many gifts you have given us. **We** ask that through our suffering, we may unite with the ultimate sacrifice of the Cross of Christ, and come to love you more and more. We make our prayer through Jesus Christ our Lord, Amen.

The Gospel reading to take home for further reflection and prayer

'Now there was a woman who had suffered from a haemorrhage for twelve years; after long and painful treatment under various doctors, she had spent all she had without being any the better for it, in fact, she was getting worse. She had heard about Jesus, and she came up behind him through the crowd and touched his cloak. "If I can touch even his clothes," she had told herself "I shall be well again". And the source of the bleeding dried up instantly and she felt in herself that she was cured of her complaint. Immediately aware that power had gone out from him, Jesus turned round in the crowd and said, "Who touched my clothes?" His disciples said to him, "You see how the crowd is pressing round you and yet you say, 'Who touched me?'" But he continued to look all round to see who had done it. Then the woman came forward, frightened and trembling because she knew what had happened to her, and she fell at his feet and told him the whole truth. "My daughter", he said "your faith has restored you to health; go in peace and be free from your complaint."' **Mark 5: 25 - 34**

Grace to Carry the Cross A Holy Hour



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Equipping**

Booklet Eight

Holy Hour Eight
Grace to Carry the Cross

Prayer focus: Tonight we think about the Anointing of the Sick. The value of suffering is difficult to understand when we see our family and friends, even the world, wracked by pain. St Paul offers us a vision of its almost sacramental nature when he reminds us that our suffering makes up for what was lacking in the sufferings of Christ.

Suggested hymns:

Abide with me; Be not afraid (You shall cross the barren desert); Bless the Lord my soul; Do not be afraid; For the healing of the nations; From the depths of sin and sadness; God gives his people strength; Lay your hands gently upon us; Look around you; My soul is longing for your peace; O wash me; Oh healing river; Ours were the sufferings; Out of the depths; Sing of the Lord's goodness; The Lord's my shepherd; Wait for the Lord.

Welcome and introduction (1 min)

Hymn (3 mins)

Scripture reading Isaiah 53: 2-3, 10-11 (2 mins)
The suffering servant

PAUSE (1 min)

Reflection (3 mins)
(Reader to pause briefly after each point).

- Loving Jesus, we praise and thank you for the offering of your very body and blood for our salvation.
- Lord Jesus, we thank you too for the example you give to each one of us in taking up your cross in loving obedience and abandonment to the will of the Father.
- Jesus, as we contemplate you now: bruised, bloody and broken, we ask for the grace to understand and embrace more fully the crosses in our own lives.

Silent prayer (5 mins)

Scripture Colossians 1: 24-29 (2 mins)
I am suffering now for the sake of Christ's body, the Church

PAUSE (1 min)

In the silence now, let us bring to mind the sufferings in our own lives and in the lives of others. We especially ask for the grace in this time, that following the example of St. Paul, we too might be able to accept and embrace the crosses God asks us to carry as a way of sharing in the redemptive suffering of His Son, Jesus Christ.

Silent prayer (5 mins)

Hymn (3 mins)

Gospel reading Mark 5: 25- 34 (2 mins)
Woman with the haemorrhage

PAUSE (1 min)

Reflection (3 mins)
(Pause after each point).

- Lord Jesus, in your wisdom we know that sickness and suffering has a purpose.
- We pray for the grace to carry our cross be it an illness, an addiction, a difficult relationship or a sense of isolation or loss.
- Jesus, we have an expectant faith and believe that if you so wish it, you can heal all our infirmities. In faith, we bring you now our deepest need and the needs of those in our hearts, for healing.
- In silence we place ourselves in the place of the woman with the haemorrhage, and in the crowd take hold of Jesus' cloak.

Silent prayer (5 mins)

Litany of praise and intercession

Loving Father, we praise and thank you for giving us the graces we need to carry the cross in our lives,

Father, we praise and thank you for your love.

Thank you, for inviting us to complete what is lacking in Christ's suffering, for the sake of the Body, the Church,

Father, we praise and thank you for your love.

Thank you for the gift of the sacrament of the anointing of the sick,

Father, we praise and thank you for your love.

Lord, we ask you for every blessing on our family and friends,

Lord hear our prayer.

Lord, we bring before you all the needs of our parish and Church,

Lord hear our prayer.

Lord, we ask you for vocations to the priesthood, diaconate and consecrated life,

Lord, hear our prayer.

Lord, we ask you to bless all you call to married life and all lay single people in their daily lives and commitments,

Lord, hear our prayer.

Lord, we ask for the grace to become your evangelising witnesses in thought, word and action,

Lord, hear our prayer.