

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...

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 you help us as
we seek to make the Eucharist the centre of our prayer life with you.
Confident of your loving care, we place our prayer before you. Amen.

A Gospel reading to take home for further reflection and prayer.

'Jesus answered: "I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst. But, as I have told you, you can see me and still you do not believe. All that the Father gives me will come to me, and whoever comes to me I shall not turn him away; because I have come from heaven".

John 6: 35 - 37

Jesus, the Bread of Life A Holy Hour

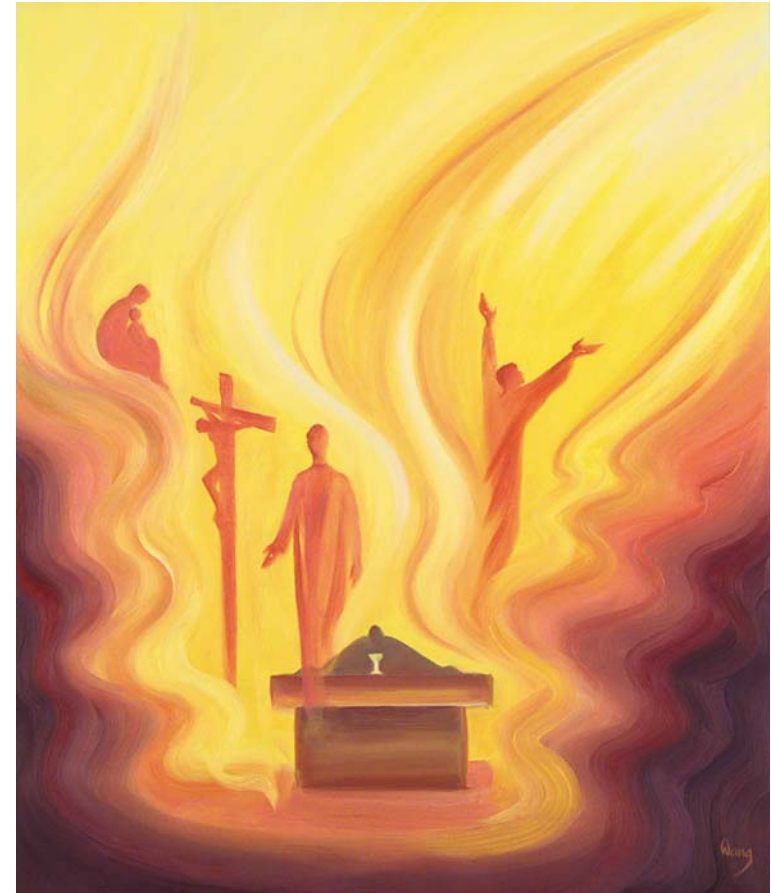


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Booklet Four

Holy Hour Four
Jesus, the Bread of Life

Prayer focus: Tonight we reflect on Jesus, the Son of God, as the bread of life, given for us in the sacrament of the eucharist.

Hymns you could use:

Broken for me, Lord; Eat this bread, drink this cup; Fill my house until the fullest; I am the bread of life; O bread of heaven; O Sacrament most holy; O thou who at thy Eucharist; One bread, one body; Shepherd of souls; Soul of my saviour; Sweet sacrament divine; Take our bread; Tantum ergo Sacramentum; Taste and see; This is my body; Upon thy table; Word made flesh.

Welcome and introduction (3 mins)

Hymn or music (3 mins)

Scripture reading Exodus 16:2-4 (ending "...portion"). (2 mins)
Manna in the wilderness

PAUSE (1 min)

Reflection (3 mins)
(Pause after every point)

- Lord God, thank you that from the earliest times you have given us our daily bread.
- Thank you, in every aspect of our lives, for your providence and the many blessings you have given us.
- Thank you for those gifts we often take for granted, for our family, homes and food.
- In silence let us now thank the Lord for all the good things he has given us.

Silent prayer (5 mins)

Scripture Isaiah 11:1-5 (2 mins)
A shoot springs from the stock of Jesse

PAUSE (1 min)

Reflection
(Pause after every point)

- Loving Father, we praise and thank you for sending us the true bread from heaven, in the person of Jesus Christ your Son.
- Thank you that he was sent as the living bread of life, the spiritual manna for all peoples.
- In these next few moments let us contemplate the face of Christ in the very depths of our hearts and minds.

Silent prayer (5 mins)

Hymn (3 mins)

Gospel reading John 6:35-37 (starting "I am...heaven"). (3 mins)
I am the bread of life

PAUSE (1 min)

Reflection (2 mins)
(Pause after every point)

- We thank you, Lord Jesus, for sacrificing your body and blood for us, so that we might have life.
- Thank you for feeding, nourishing and satisfying us each time we attend Mass.
- In silent prayer, let us ask Jesus to feed us.

Silent prayer (10 mins)

Litany of praise and intercession (4 mins)

Lord Jesus, as the Incarnate Word, we praise you – fully God and fully man,
Jesus, we praise and thank you for your love.

Thank you, Jesus: your sacrifice became the means for our salvation,
Jesus, we praise and thank you for your love.

Thank you for the legacy of this enduring memorial,
Jesus, we praise and thank you for your love.

Thank you for this gift, the sacrament of the Eucharist,
Jesus, 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 those you call to married life and 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.