

“SO YOU HAD NOT THE STRENGTH TO KEEP AWAKE WITH ME FOR ONE HOUR? YOU SHOULD BE AWAKE, AND PRAYING NOT TO BE PUT TO THE TEST.”

– Matthew 26:40-41



Daily life in Sabrang harbour, Bangladesh, where boats bring Rohingya refugees from Myanmar

SHARE THE JOURNEY HOLY HOUR

This resource has been created to encourage people in Scotland to dedicate one hour of prayer to refugees across the world, who are fighting to survive. In this meditation we will journey with Jesus, even though we will not leave the room. We will also share the journey with our brothers and sisters who are fleeing from violence and war in their own country and seeking safety in other parts of the world.

HOW TO USE THIS HOLY HOUR GUIDE

Staying awake proved difficult for the Apostles and praying for an hour can be difficult.

Being in the presence of the Eucharist is a calming and peaceful experience but it can be difficult to know which prayers to choose.

If you have favourite piece of scripture and prayers that are meaningful to you, please feel free to use them during this hour. If you are struggling to think of something to use, this guide may help you.

If you have a bible or a prayer book, you may find it helpful to bring this with you to use during the hour.

We have broken the hour into segments to help make the time pass smoothly.

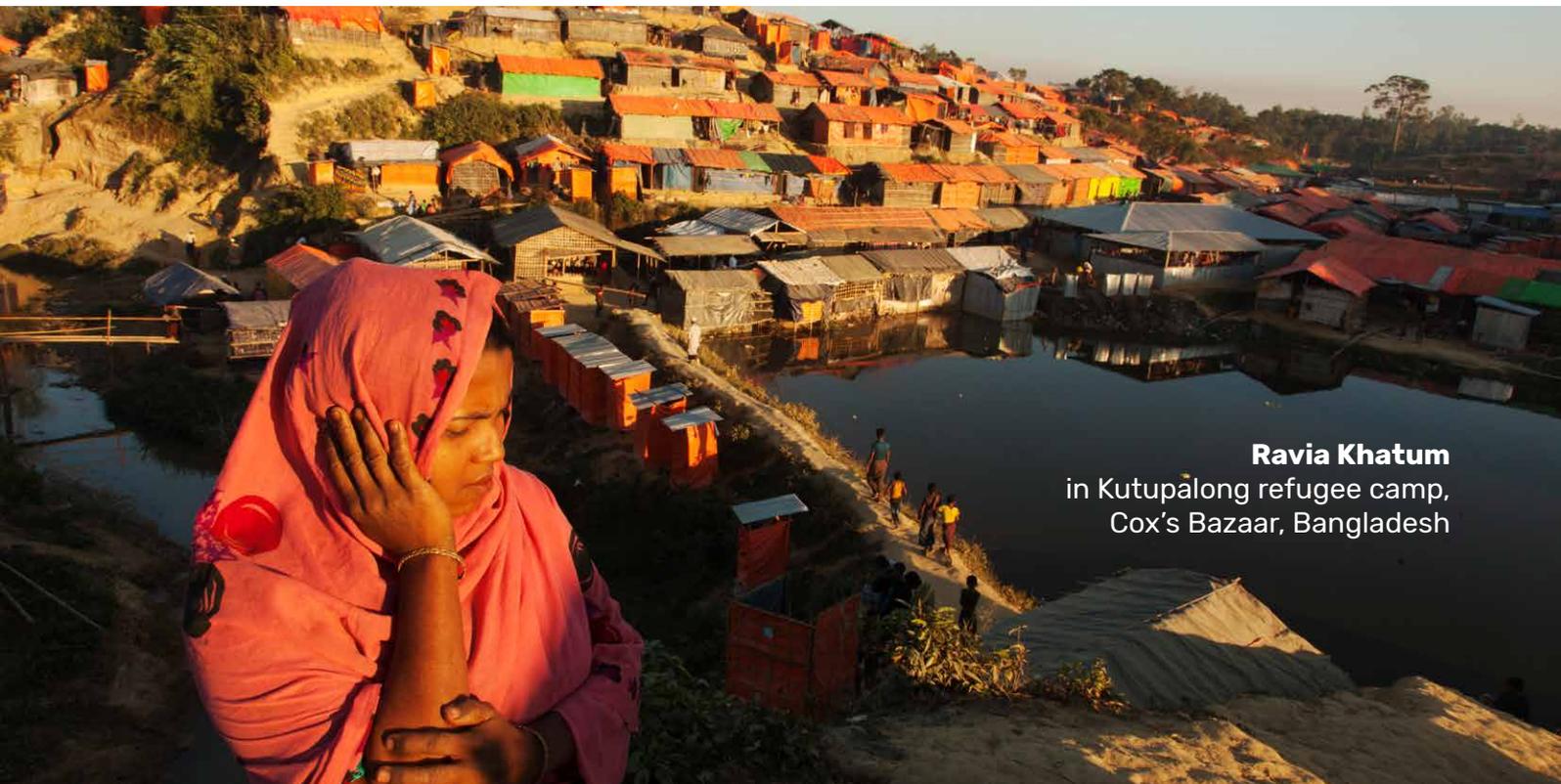
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|------------------|------------|
| 1. The Beginning | 5 minutes |
| 2. Adoration | 10 minutes |
| 3. Contrition | 10 minutes |
| 4. Meditation | 15 minutes |
| 5. Thanksgiving | 10 minutes |
| 6. Petition God | 5 minutes |
| 7. Conclusion | 5 minutes |

Please don't worry too much about these timings – they are only there as a general guide. Do what feels right for you and don't feel you have to keep an eye on your watch. This should be a calm, stress free experience – it won't matter if you don't pray for exactly an hour.

In October 2016, Pope Francis had this to say about Eucharistic Adoration,

“One cannot know the Lord without being in the habit of adoring, of adoring in silence. I believe, if I am not mistaken, that this prayer of adoration is the least known among us; it is the one we engage in the least.”

Join SCIAF in making this prayer of adoration one that we get to know better and one that we use to think about the refugees around the world who are currently on their journey to an unknown destination. We hope that our prayers will provide them with the strength to keep going.



Ravia Khatum
in Kutupalong refugee camp,
Cox's Bazaar, Bangladesh

1. THE BEGINNING



Start your Holy Hour of prayer by making the sign of the cross and opening your mind to God. Think about the journey that you are taking now.

Where are you in your life? Are you still at school or college? Are you newly married or have you become a parent for the first time? Are you struggling to cope with work, family or health? Perhaps you are retired and finding you have more time for yourself? Think about the journey of your life. Who has supported you along the way? Has the road been straight, or have you made a few detours on your travels?

Think carefully about the answers to these questions.

Now consider the refugees who are on a journey right now. Every minute, more people in the world become displaced. Half of those people are children and many have to flee alone, without their family members or any other support. They are afraid and this is a perilous journey. They have no idea what the outcome will be.

Please remember these, our brothers and sisters, who are displaced, homeless, vulnerable and afraid in your prayers throughout this Holy Hour.

Ask the Holy Spirit to guide you and pray the Acts of Faith, Hope and Charity.

Act of Faith

O my God, I firmly believe that you are one God in three divine persons, Father, Son and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the holy catholic Church teaches, because in revealing them you can neither deceive nor be deceived. Amen.

Act of Hope

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Act of Charity

O my God, I love you above all things with my whole heart and soul because you are all good and worthy of all my love. I love my neighbour as myself for the love of you. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

2. ADORATION



Now that you have opened yourself up to God, it is time to adore Him. Imagine how you would feel if Christ was in the room? Close your eyes and imagine the wonder and joy that you would feel, and tell God how much you love him. This prayer would be a good start.

My Lord Jesus Christ, who because of Your love for men remain night and day in the Blessed Sacrament, full of pity and of love, awaiting, calling and welcoming all who come to visit You, I believe that You are present here on the altar. I adore You, and I thank You for all the graces You have bestowed on me, especially for having given me Yourself in this Sacrament, for having given me Your most holy Mother Mary to plead for me, and for having called me to visit You in this church.

I now salute Your most loving Heart, and that for three ends: first, in thanksgiving for this great gift; secondly, to make amends to You for all the outrages committed against You in this Sacrament by Your enemies; thirdly, I intend by this visit to adore You in all the places on earth in which You are present in the Blessed Sacrament and in which You are least honoured and most abandoned.

My Jesus, I love You with my whole heart. I am very sorry for having so many times offended Your infinite goodness. With the help of Your grace, I purpose never to offend You again. And now, unworthy though I am, I consecrate myself to You without reserve. I renounce and give entirely to You my will, my affection, my desires and all that I possess. For the future, dispose of me and all I have as You please.

All I ask of You is Your holy love, final perseverance and that I may carry out Your will perfectly. I recommend to You the souls in Purgatory, especially those who had the greatest devotion to the Blessed Sacrament and to the Blessed Virgin Mary. I also recommend to You all poor sinners. Finally, my dear Saviour, I unite all my desires with the desires of Your most loving Heart; and I offer them, thus united, to the Eternal Father, and beseech Him, in Your name and for love of You, to accept and grant them.

(Prayer to the Blessed Sacrament by St Alphonsus Liguori)

If you have a prayer book or bible with you, read some scripture that you particularly like or read the following quotes and think about what they are telling you about the Lord.

**Alleluia!
Give thanks to the Lord for He is good,
for His love has no end.**

(Psalm 118:1)

You shall love the Lord your God with all your heart and with all your soul and with all your strength.

(Deuteronomy 6:5)

But the Lord is in His holy temple. Let the whole earth be silent before Him.

(Habakkuk 2:20)

You can end this section by saying one (or both) of these prayers.

Prayers of Adoration

**I place myself in the presence of Him,
in whose Incarnate Presence I am before.
I place myself there.**

**I adore Thee, O my Saviour, present here
as God and man, in soul and body, in true
flesh and blood.**

**I acknowledge and confess that I kneel
before that Sacred Humanity, which was
conceived in Mary's womb and lay in Mary's
bosom; which grew up to man's estate,
and by the Sea of Galilee called the Twelve,
wrought miracles, and spoke words of
wisdom and peace; which in due season
hung on the cross, lay in the tomb, rose
from the dead, and now reigns in heaven.**

**I praise, and bless, and give myself wholly
to Him, Who is the true Bread of my soul,
and my everlasting joy.**
(John Henry Newman)

Prayer for the Spread of Perpetual Adoration

**Heavenly Father, increase our faith in the
Real Presence of Your Son Jesus Christ in
the Holy Eucharist.**

**We are obliged to adore Him, to give Him
thanks and to make reparation for sins.
We need your peace in our hearts and
among nations.**

**We need conversion from our sins and the
mercy of Your forgiveness.
May we obtain this through prayer and our
union with the Eucharistic Lord.**

**Please send down the Holy Spirit upon all
peoples to give them the love, courage,
strength and willingness to respond to the
invitation to Eucharistic Adoration.**

**We beseech You to spread Perpetual
Adoration of the Most Blessed Sacrament
in parishes around the world.**

**We ask this in the name of Jesus the Lord.
Amen**

**Our Lady of the Most Blessed Sacrament
Help us to spread the glory of Your Son
through Perpetual Adoration.**

(Pope John Paul II Eucharistic Adoration)



**Samara Bezam
and family**
arrive in the
reception centre
for Rohingya
refugees near
Sabrang harbour,
Bangladesh

3. CONTRITION



Following Adoration, you should offer reparation. This is the time to acknowledge your sins.

Examine your conscience and be honest in your answers. If you are struggling, these questions might help to kick-start your thoughts.

- Have I rejected my faith or been ashamed of it?
- Have I taken God's Holy name in vain?
- Have I shown disrespect for Holy things, places or people?
- Have I missed Mass on Sundays through my own fault?
- Have I received Holy Communion in a state of mortal sin?
- Have I neglected my spouse?
- Have I been overbearing with my children?
- Have I been impatient, angry or jealous?
- Have I refused to forgive?
- Have I hurt anyone by speaking badly about them?
- Have I judged others rashly?
- Have I driven inconsiderately?
- Have I been vain or proud?
- Have I told lies to excuse myself or hurt others?
- Have I been harsh or unfair?
- Have I been lazy at work or at home?

Pray an Act of Contrition

"O my God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again. Amen."

Read a favourite piece of scripture or take some inspiration from the following:

"I shall forgive their guilt and never more call their sins to mind."

(Hebrews 8:12)

"So, confess your sins to one another and pray for one another, to be cured. The heartfelt prayer of someone upright works very powerfully."

(James 5:16)

"And when you stand in prayer, forgive whatever you have against anybody, so that your Father also in heaven may forgive your failings too."

(Mark 11:25)

"And he went through the whole Jordan area, proclaiming a baptism of repentance for the forgiveness of sins."

(Luke 3:3)

"And as they were stoning him, Stephen said in invocation, "Lord Jesus, receive my spirit." Then he knelt down and said aloud, "Lord, do not hold this sin against them." And with these words, he fell asleep."

(Acts 7:59-60)

4. MEDITATION



This is now the time to think about God's actions. Use this time to pray and meditate on the Stations of the Cross or the Rosary. Alternatively, you could choose a favourite Gospel passage or use the following Gospel to read and meditate upon.

You could choose a favourite Gospel passage to read and meditate upon or read the Beatitudes and think deeply about their meaning.

The Beatitudes

Seeing the crowd, He went onto the mountain. And when he was seated his disciples came to him. Then He began to speak. This is what He taught them:

How blessed are the poor in spirit:

The kingdom of Heaven is theirs.

Blessed are the gentle:

They shall have the earth as inheritance.

Blessed are those who mourn:

They shall be comforted.

Blessed are those who hunger and thirst for uprightness:

They shall have their fill.

Blessed are the merciful:

They shall have mercy shown them.

Blessed are the pure in heart:

They shall see God.

Blessed are the peacemakers:

They shall be recognised as children of God.

Blessed are those who are persecuted in the cause of uprightness:

The kingdom of Heaven is theirs.

Blessed are you when people abuse you and persecute you and speak all kinds of calumny against you falsely on my account. Rejoice and be glad, for your reward will be great in Heaven: this is how they persecuted the prophets before you.

(Matthew 5:1-12)

What is your reaction to the Gospel / Beatitudes? Think about Christ's reactions.

Are there refugees in your local area? What can you do to extend the hand of friendship? Take some inspiration from the following and meditate on the journey that refugees might be forced to take in order to preserve their own lives and the lives of their families.

"When a stranger sojourns with you in your land, you shall not do him wrong. You shall treat the stranger who sojourns with you as the native among you, and you shall love him as yourself, for you were strangers in the land of Egypt: I am the Lord your God."
(Leviticus 19:33-34)

"Let brotherly love continue. Do not neglect to show hospitality to strangers, for thereby some have entertained angels unawares."
(Hebrews 13: 1-2)

"This is my commandment, that you love one another as I have loved you."
(John 15:12)

5. THANKSGIVING



After meditating, let's thank God for all of the gifts that he has given.

Take this time to express your personal thanks for everything that you have. Be specific. You can use your own words, or be inspired by the following:

Dear Lord, I come to you with an open and grateful heart. I thank you for all of the blessings I have in my life. From the food that I eat to the clothes that I wear, I am indebted. Thank you for the loving members of my family who support me in my life; thank you for the friends and colleagues that surround me on a daily basis. Thank you for my health and for my faith. Thank you for giving me love, hope and light especially on the darkest of days. Most of all, thank you for sending your son to take away my sins.

Read a favourite piece of scripture about thanksgiving or use the following quotes to start thinking about the ways that you can be thankful:

"Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."
(Psalm 100:4)

"Let us come before him with thanksgiving and extol him with music and song. For the LORD is the great God, the great King above all gods."
(Psalm 95:2-3)

"For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer."
(Timothy 4:4-5)

"Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."
(Colossians 3:15)

"Shout with joy to the LORD, all the earth! Worship the LORD with gladness. Come before him, singing with joy. Acknowledge that the LORD is God! He made us, and we are his. We are his people, the sheep of his pasture. Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name. For the LORD is good. His unfailing love continues forever, and his faithfulness continues to each generation."
(Psalm 100)

Before moving on, thank God for giving you the opportunity to care about others in your community. Thank him for bringing those fleeing war and despair to your area. Pledge to do whatever you can to help those people who have made the journey to safety and show them the love of God through your actions.

6. PETITION GOD



It is important to God that you ask him for what you need – and what others need too. You can start this section by saying the following prayer or choose a prayer of your own.

“Dear Lord, please send your blessings to your Holy Church on earth. May all who enter the church know the joy of faith. Thank you for my gift of faith and for the forgiveness I receive for my sins.

Send courage and strength to the priests, bishops, religious and all who help us practice our faith. It is through them that we experience your true presence. May they know that you are with them in all that they do and may they draw inspiration from those that they help.

Finally, please send your love and guidance to people around the world today who are fleeing violence and war. Give them the endurance to continue on their journey in the knowledge that they will eventually find a place to stop, rest and rebuild their lives.” (SCIAF 2018)

Take time to think about the refugees around the world. Think again about their journey, their fears, their hopes & dreams. Imagine the decisions they have had to make – what to take with them; what to leave behind; what to discard along the way. Think about the people they have lost either before or during their journey and the choices they have had to make to continue walking towards a new life in a new land. Keep them in your prayers and ask God to send them light in the darkness of their world.

Finally, say the Our Father as this is the ultimate prayer of petition to God. Say it slowly and allow the words to be absorbed into your thoughts and in turn into your deeds.



A young refugee in Kutupalong refugee camp, Cox's Bazaar, Bangladesh

7. CONCLUSION



As you come to the end of your hour of prayer, you might want to say the Divine Praises, which are a set of prayers aimed at fighting against the world's evil:

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy 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 and Immaculate Conception.

Blessed be 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 in His Saints. Amen.

Alternatively, you can choose a prayer from your prayer book or create one of your own.

Give thanks for the lived moment, offer your Adoration for refugees and ask for your intentions.

Before you leave, close your eyes, take a couple of deep breaths and feel the peace and serenity of your surroundings.