

First Friday Holy Hour for January:

*"Blessed are the poor in spirit,
for theirs is the kingdom of heaven." (Mt 5:3)*



Exposition of the Blessed Sacrament:

All Sing: (Melody: LM)

**All praise be yours, our God, our All,
for your great presence and your love.**

**We greet you, eucharistic Lord;
we worship you and give you thanks.**

**All praise be yours, O Lord our God,
who call us to true poverty
and make us free to bond with you
so treasures of your reign be ours.**

**All praise be yours, O Lord our God,
The Father, Son, and Spirit, one,
who wraps us in eternal love
and give us holiness of life.**

Introduction:

L: We adore you,

**ALL: most holy Lord, Jesus Christ, here and in
all the churches throughout the whole
world, and we praise you because by your
holy cross you have redeemed the world.**

L: O Sacred Banquet,

**ALL: in which Christ is received, the memory
of his death renewed, the mind filled
with grace, and a pledge of future glory
is given to us.**

L: O Jesus, present in the Sacrament of the
altar,

**ALL: teach all the nations * to serve you with
willing hearts, * knowing that to serve
God * is to reign. * May your sacrament,
O Jesus, * be light to the mind, *
strength to the will, * joy to the heart. *
May it be the support of the weak, * the
comfort of the suffering, * the wayfaring
bread of salvation for the dying * and for
all * the promise of the joy to come. *
Amen.**

(Pope St. John XXII)

Liturgy of the Hours:

**The psalms, NT/OT canticles, and gospel
canticles are prayed as for morning or evening
prayer, omitting the hymn, reading and
response, and intercessions.**

Guided Prayer:

L: Blessed are the poor in spirit,

ALL: for theirs is the kingdom of heaven.

(Mk 5:3)

L: Blessed are those who are poor in the
world

**ALL: whom God has chosen to be rich in faith
and heirs of the kingdom that he
promised to those who love him** (see Jas 2:5)

L: Let us pray: Father in heaven, Creator of
all, bring us to the dignity that
distinguishes the poor in spirit and show
us how great is your call to dispose of
our selfishness, turn wholly to you, and
serve others in the peace of Christ. May
the blessings promised to the poor in
spirit lead us to the treasures of your
heavenly kingdom through Christ our
Lord.

ALL: Amen.

**R#1: Whatever gains I had, these I have
come to consider a loss because of
Christ. More than that, I even
consider everything as a loss
because of the supreme good of
knowing Christ Jesus my Lord.
For his sake I have accepted the
loss of all things and I consider
them so much rubbish, that I may
gain Christ and be found in him.**

(Phil 3:7-9)

ALL: The Word of the Lord! (Moments of Quiet)

L: My soul will glory in the Lord

ALL: that the poor may hear and be glad. (Ps 34:3)

L: The powerful grow poor and hungry,

**ALL: but those who seek the Lord lack no
good thing.**

(Ps 34:11)

**R#2: I will leave as a remnant in your
midst a people humble and lowly
who shall take refuge in the name
of the Lord – the remnant of Israel.**

(Zeph 3:12-13)

ALL: The Word of the Lord! (Moments of Quiet)

L: The Lord raises the needy from the dust,

ALL: lifts the poor from the ash heap. (Ps 113:7)

L: The Lord takes delight in his people,

ALL: honors the poor with victory. (Ps 149:4)

R#1: The poor in spirit are rightly understood here, as meaning the humble and God-fearing, i.e. those who have not the spirit which puffs up. Nor ought blessedness to begin at any other point whatever, if indeed it is to attain unto the highest wisdom; but the fear of the Lord is the beginning of wisdom; for, on the other hand also, pride is entitled the beginning of all sin. Let the proud, therefore, seek after and love the kingdoms of the earth; but blessed are the poor in spirit, for theirs is the kingdom of heaven.

(St. Augustine)

ALL: Thanks be to God! (Moments of Quiet)

L: The poor will eat their fill; those who seek the Lord will offer praise.

ALL: May your hearts enjoy life forever! (Ps 22:27)

L: God shows pity to the needy and the poor

ALL: and saves the lives of the poor. (Ps 72:12-13)

R#2: Humble yourselves that you may be exalted by him. Keep nothing for yourselves, so that he who has given himself wholly to you may receive you wholly.

(St. Francis of Assisi, *Let GC*)

ALL: Thanks be to God! (Moments of Quiet)

L: The poor have the Lord

ALL: as their refuge. (Ps 14:6)

L: For your sake Christ became poor although he was rich,

ALL: so that by his poverty you might become rich.

(2 Cor 8:9)

L: May God the Father fully supply whatever you need, in accord with his glorious riches in Christ Jesus.

(Phil 4:19)

ALL: Amen.

Meditate on the phrase "poor in spirit" and what part it plays in your spiritual journey. Conclude with an act of thanksgiving.

Quiet adoration until ten minutes before the closing of the holy hour; then:

Benediction:

L: We adore you,

ALL: most holy Lord, Jesus Christ, here and in all the churches throughout the whole world, and we praise you because by your holy cross you have redeemed the world.

L: You have shown strength with your arm,

ALL: Bless the poor in spirit.

L: You have scattered the proud of heart,

ALL: Bless the poor in spirit.

L: You have exalted the humble and meek,

ALL: Bless the poor in spirit.

L: You have filled the hungry with good things,

ALL: Bless the poor in spirit.

(see Lk 1:51-54)

L: Lord Jesus Christ, make us poor in spirit. May we not long for the riches of earthly life but thirst for the wealth of your kingdom where you live and reign with the Father and the Holy Spirit now and for ever.

ALL: Amen.

All sing the "Tantum Ergo"

L: You have given them bread from heaven,

ALL: having within it all sweetness.

L: 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 won for us and the peace of the kingdom, where you live with the Father and the Holy Spirit, one God, for ever and ever.

ALL: Amen.

Benediction of the Blessed Sacrament

ALL: 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 Saint Joseph, her most chaste spouse. * Blessed be God in His angels and in His Saints.

Closing Hymn