



We are already the children of God

A Holy Hour on the Dignity of Human Life

Prayer before the Blessed Sacrament

Exposition

Song

After the people have assembled, a song may be sung while the minister comes to the altar.

Adoration

Suggested readings

1 Peter 1:3-4

Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you.

Psalm 71:9

Do not cast me off in the time of old age; forsake me not when my strength is spent.

1 John 3:1-2

See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is.

Reflection

Embrace and uphold a culture of life

We offer our prayers this holy hour for the dignity of human life. In particular our focus is on the end of life and praying together in front of the Blessed Sacrament that assisted suicide will not become law in our lands. This would greatly diminish the importance and innate value of every human person, akin to saying that our life is *not* a gift of God. Instead we would be asserting that life is our own possession to do with as we choose. But we are far more important than that. We are a gift of God - a gift that is freely given. Then, when God is ready, we are called back to Him.

During this holy hour, we pray that many minds and hearts will be open to this beautiful and great truth about the value, importance, and beauty of every human person. We pray passionately that we will not take a step in legislation that promotes a so-called 'right to die,' that will quite likely become a duty to die and place pressure on doctors and medical staff to help take life rather than to care, protect, and heal.

When you are praying, please remember those who care and accompany people facing their last days. Especially pray for those who work in palliative care - nurses, doctors, people who are home visitors. They do a wonderful job with compassion, but they need more resources. That is what we should be investing in, not a piece of legislation that leaves us vulnerable and under pressure to seek an end to our life.

This is an important moment in our history. Please write to your MP to make your voice heard. Many have not yet made up their minds how to vote. May God bless us all, bless our countries, and bless those who make our laws with the courage to embrace and uphold a culture of life.

Cardinal Vincent Nichols, President, Catholic Bishops' Conference of England and Wales

Silence

Intercessions

Let us pray that we will keep our minds and hearts open to the beautiful truth that the dignity of human life will be respected by all people from its natural beginning until its natural end.

We pray for those who are nearing the end of their lives, that as they prepare to make the journey to the eternal life prepared for us, they may know the tender love and mercy of God our heavenly Father.

For those who are receiving palliative care, that they may trust in God's love even in the hardest moments, knowing that the Lord bears their suffering with them.

For politicians and those in authority, that they may have the courage to embrace and uphold a culture of life, and always work for the common good of all.

For doctors, nurses, carers and those who are home visitors, that they may be blessed in their work, and that they may have the necessary resources to carry out their vocation with love and compassion.

Benediction

The priest or deacon goes to the altar genuflects and kneels. A hymn, such as Tantum ergo, or other eucharistic song is sung.

The Prayer of John Henry Newman

Bringing to the Lord the shared aspect of death and suffering

O Lord, support us all the day long of this troublous life,
until the shadows lengthen, and the evening comes
and the busy world is hushed,
and the fever of life is over, and our work is done.
Then, Lord, in thy mercy, grant us a safe lodging, a holy rest,
and peace at the last.
Amen.

Blessing

The priest or deacon puts on the humeral veil, genuflects, and takes the monstrance or ciborium. He makes the sign of the cross over the people with the monstrance or ciborium in silence.

Reposition

Reposition

After the blessing the Blessed Sacrament is replaced in the tabernacle.

Acclamation

As the Blessed Sacrament is being replaced the people may sing an acclamation.