

*Host or designated reader/leader begins the Upper Room prayer hour by reading this message from Fr. David:*

### **Message for January**

Dear friends in Christ:

Inspired by John 16:21-24, I am thinking about revising how we pray the intercessions on Sundays and Holy Days of Obligation. With recent reflection upon the latter verse in prayer, I think and feel called to have the petitions reflect the following two truths for the Parish communities. One is addressing the Father with our prayer and secondly having our prayers answered "In the name of Jesus". Implementing this change will be easy but it may take some getting used to. I would like to take the opportunity of this **Upper Room** to flesh out the powerful, spiritual reality laid out by Christ Himself.

In Christ;

Fr. David

*Open with Sign of Cross and Prayer to the Holy Spirit*

## **Prayer to the Holy Spirit**

**L: Come, O Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of your love. Send forth Your Spirit, O Lord, and they shall be created.**

R: And You shall renew the face of the earth

**L: Let us pray - God our Father, pour out the gifts of your Holy Spirit on the world. You sent the Spirit on Your Church to begin the teaching of the Gospel; now let the Spirit continue to work in the world through the hearts of all who believe. Through Christ our Lord.**

R: Amen

**L: You, O lord, will open my lips.**

R: And my tongue shall announce Your praise.

**L: Incline unto my aid, O God.**

R: O Lord, make haste to help me.

**L: Glory be to the Father and to the Son and to the Holy Spirit.**

R: As it was in the beginning is now and ever shall be world without end. Amen

**Read (the following) from John 16:21-24**

*When a woman is in labor she has sorrow, because her hour has come; but when she is delivered of the child, she no longer remembers the anguish, for joy that a child is born into the world. So you have sorrow now, but I will see you again and your hearts will rejoice, and no one will take your joy from you. In that day you will ask nothing of me. Truly, truly, I say to you, if you ask anything of the Father, he will give it to you in my name. Until now you have asked nothing in my name; ask, and you will receive, that your joy may be full.*

- 1) Do you know from what part of John this comes (what is its context?)
- 2) “In that day” refers to what day?
- 3) Easy question: “Why wasn’t Jesus able to answer anyone’s petition on “that day?”
- 4) No one can take away our joy - why? (speculate on this question - answer not in the scripture verses per se)
- 5) If our joy is contingent upon Jesus and we know Jesus because of the Father, how does our joy become full?
- 6) “I/We ask you Father, in the name of Jesus...” should be the first words of every petition according to John 16. How would you incorporate these words into your daily prayer life?
- 7) To conclude the **Upper Room** everyone has paper and something to write with and then draft 10-20 petitions that begin with “I ask you Father, in the name of Jesus...” Then when everyone is finished take turns praying aloud your petitions. (Not all need be shared). Conclude each intercession with (**You... “We pray” Response... “Jesus hear us”**)
- 8) When the petitions have been shared continue sharing (if you like) about any of your petitions that need clarification or explanation.
- 9) Conclude with an Our Father – Hail Mary – Glory Be

**Next Month’s Upper Room will be on sensitivity to sin.**