

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

Message for March

Dear friends in Christ:

To fear the Lord is a good thing. It means that you have a respect and awe for God's authority in your life that you regret and feel ashamed about your sinful self. Now this does not mean you are to live in fear or be "afraid" of God. God is a loving and merciful God but He is also just and wise, knowing us better than we know ourselves; knowing what we deserve, what we need.

To Fear the Lord also leads to worship Him. To give Him this respect, adulation and praise because you know and feel obligated to do so. He is God - We are not! This Upper Room we will consider one of the seven Gifts of the Holy Spirit: FEAR OF THE LORD.

In Christ;

Fr. David

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

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 of the Son and of the Holy Spirit.

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

Please read :

The entire Book of Jonah

Discussion Questions

- Do you think Jonah had an authentic Fear of the Lord?
- Cite examples to support or deny Jonah's Fear of the Lord
- Did the people of Nineveh have an authentic Fear of the Lord?
- Cite examples to support or deny Nineveh's witness to their Fear of the Lord?
- Why did the pagan sailors listen to the word and witness of Jonah? Reader: This is a tricky question ó the answer I'm looking for (and keep this to yourself until the discussion goes for a while) is because he was asleep at the bottom of the boat - peaceful through the storm. They saw Jonah's confidence and determined that His God must be a powerful one and Jonah must have great faith in Him.
- Why did the people of Nineveh listen to the word and witness of Jonah? Reader: This is also a tricky question ó the answer I'm looking for (and keep this to yourself until the discussion goes for a while) is because they must have known that Jonah survived being in the belly of the whale for 3 days. They knew this and marveled at His God thinking that He must be a powerful one and Jonah must have great faith in Him for this to happen.
- Of course these two incidents have a direct correlation to the Stories of Jesus in the gospels where he is in the boat and calms the sea after being asleep and the rising from the dead after being in the tomb for 3 days. Jonah is a type of Christ. What does that mean to you?
- In our culture there is a distinct absence of this gift in most people. How can it be cultivated again?
- Do you know what a scrupulous conscience is? How is this different from the authentic gift of the fear of the Lord?

Prayer

For Prayer Do the Litany of the Holy Angels

Next Month the Upper Room will be on Issues of Conscience

The Litany of the Holy Angels

*Please do this litany deliberately. There are lots of words that might need care to read to lead the group. Leader should always tell the group how to respond unless each member has a copy.
Thanks Fr. David*

Sing of the Cross

Lord, have mercy.
Christ have mercy.
Lord, have mercy.
Christ hear us.

Lord, have mercy.
Christ have mercy.
Lord, have mercy.
Christ, graciously hear us.

God the Father of Heaven,
God the Son, Redeemer of the world,
God the Holy Ghost,
Holy Trinity, one God,

Have Mercy on us.
Have Mercy on us.
Have Mercy on us.
Have Mercy on us.

Holy Mary, Queen of Angels,
Holy Virgin of virgins,

Pray for us

St. Michael, who was ever the defender of the people of God,
St. Michael, who didst drive from heaven Lucifer and his rebel crew,
St. Michael, who didst cast down to hell the accuser of our brethren,
St. Gabriel, who didst expound to Daniel the heavenly vision,
St. Gabriel, who didst foretell to Zachary the birth and ministry of John the Baptist,
St. Gabriel, who didst announce to Mary the Incarnation of the Divine Word,
St. Raphael, who didst lead Tobias safe through his journey to his home again,
St. Raphael, who didst deliver Sara from the devil,
St. Raphael, who didst restore his sight to Tobias the elder,
All ye holy Angels, who stand upon the high and lofty throne of God,
Who cry to Him continually, Holy, Holy, Holy,
Who dispel the darkness of our minds, and give us light,
Who are the messengers of heavenly things to men,
Who have been appointed by God to be our guardians,
Who always behold the face of our Father Who is in heaven,
Who rejoice over one sinner doing penance,
Who struck the Sodomites with blindness,
Who led Lot out of the midst of the ungodly,
Who ascended and descended on the ladder of Jacob,
Who delivered the divine law to Moses on Mount Sinai,
Who brought good tidings when Christ was born,
Who ministered to Him in the desert,
Who comforted Him in His agony,
Who sat in white garments at His sepulcher,
Who appeared to the disciples as He went up into Heaven,
Who shall go before Him bearing the standard of the Cross, when He comes to judgment,

Who shall gather together the elect at the end of the world,
Who shall separate the wicked from among the just,
Who offer to God the prayers of them that pray,
Who assist us at the hour of death,
Who carried Lazarus into Abraham's bosom,
Who conduct to Heaven the souls of the just, cleansed from every stain,
Who perform signs and wonders by the power of God,
Who are sent to minister for those who shall receive the inheritance of salvation,
Who would cure Babylon, and when she will not be cured, depart and forsake her,
Who are set over kingdoms and provinces,
Who have often put to flight armies of enemies,
Who have often delivered God's servants from prison, and other perils of this life,
Who have often consoled the holy Martyrs in their torments,
Who are wont to cherish with peculiar care the prelates and princes of the Church, and all that are under their charge,
All you holy orders of blessed Spirits,

From all dangers,	Deliver us, O Lord, by Thy holy Angels.
From the snares of the devil,	Deliver us, O Lord, by Thy holy Angels.
From all heresy and schism,	Deliver us, O Lord, by Thy holy Angels.
From plague, famine, and war,	Deliver us, O Lord, by Thy holy Angels.
From sudden and unlooked-for death,	Deliver us, O Lord, by Thy holy Angels.

We sinners,	Beseech Thee, hear us.
Through Thy holy angels,	We beseech Thee, hear us.
That thou wouldst spare us,	We beseech Thee, hear us.
That thou wouldst vouchsafe to govern and preserve thy holy Church,	We beseech Thee, hear us.
That thou wouldst vouchsafe to protect our Apostolic Prelate, and all ecclesiastical order,	We beseech Thee, hear us.
That thou wouldst vouchsafe to grant peace and security to kings and all Christian princes,	We beseech Thee, hear us.
That thou wouldst vouchsafe to give and preserve the fruits of the earth,	We beseech Thee, hear us.
That thou wouldst vouchsafe to grant eternal rest to all the faithful departed,	We beseech Thee, hear us.

Lamb of God, Who takest away the sins of the world, Spare us, O Lord.

Lamb of God, Who takest away the sins of the world, Graciously hear us, O Lord.

Lamb of God, Who takest away the sins of the world, Have mercy on us.

Lord, have mercy.
Christ, have mercy.

Lord, have mercy.

Pray the Our Father together

“V” = Leader “R” = Response

V. Bless the Lord, all ye His Angels.

R. Ye that are mighty in strength, that fulfil his commandments, hearkening unto the voice of His words.

V. Bless the Lord, all ye His hosts.

R. Ye ministers of His that do His will.

V. He hath given His Angels charge concerning thee.

R. To keep thee in all thy ways.

V. The Angel of the Lord shall encamp round about them that fear Him.

R. And shall deliver them.

V. In the sight of the Angels will I sing unto Thee, O my God.

R. I will worship towards Thy holy temple, and will give praise unto Thy name, O Lord.

V. O Lord, hear my prayer.

R. And let my cry come unto Thee.