

JANUARY CONTEMPLATION

*By the mystery of this water and wine may we come to share in the divinity of Christ
who humbled himself to share in our humanity.*

Opening Hymn

Eucharistic Exposition

Leader:

May this time of prayer and adoration before the Blessed Sacrament be a precious opportunity to grow in awareness of the incomparable treasure which Christ has entrusted to his Church. May it encourage a more lively and fervent celebration of the Eucharist, leading to a Christian life transformed by love. May all of us rediscover the gift of the Eucharist as light and strength for our daily lives in the world in the exercise of our respective professions. We pray in Jesus' name.

All: Amen.

Silent Reflection

Let us keep silent within ourselves that our hearts and ears may be open.

Prayer Before Reading Scripture

Leader: *Let us pray.*

All: Jesus Christ, our Master, You are the Way and the Truth and the life. Grant that we may learn the sublime knowledge of Your charity in the Spirit of St. Paul the Apostle and of the Catholic Church. Send Your Holy Spirit to teach us and remind us of what You have preached. We pray in Jesus' name. Amen.

Scripture Reading: (Heb.9:11-15)

When Christ came as high priest of the good things that are already here, he went through the greater and more perfect tabernacle that is not man-made, that is to say, not a part of this creation. He did not enter by means of the blood of goats and calves; but he entered the Most Holy Place once for all by his own blood, having obtained eternal redemption. The blood of goats and bulls and the ashes of a heifer sprinkled on those who are ceremonially unclean sanctify them so that they are outwardly clean. How much more, then, will the blood of Christ, who through the eternal Spirit offered himself unblemished to God, cleanse our consciences from acts that lead to death, so that we may serve the living God! For this reason, Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance—now that he has died as a ransom to set them free from the sins committed under the first covenant

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm (Psalm 34:3-5,8-11)

**Response: I will praise the Lord at all times;
his praise will always be on my lips.**

Glorify the LORD with me;
let us exalt his name together. *R/.*

I sought the LORD, and he answered me;
he delivered me from all my fears. *R/.*

Those who look to him are radiant;
their faces are never covered with shame. *R/.*

Taste and see that the LORD is good;
blessed is the man who takes refuge in him. *R/.*

Fear the LORD, you his saints,
for those who fear him lack nothing. *R/.*

The lions may grow weak and hungry,
but those who seek the LORD lack no good thing. *R/.*

Come, my children, listen to me;
I will teach you the fear of the LORD. *R/.*

Glory be to the Father...

Meditation: *Ecclesia de Eucharistia*, Introduction, 1

The Second Vatican Council rightly proclaimed that the Eucharistic sacrifice is “the source and summit of the Christian life.”¹ “For the most holy Eucharist contains the Church's entire spiritual wealth: Christ himself, our Passover and living bread. Through his own flesh, now made living and life-giving by the Holy Spirit, he offers life to men.”² Consequently the gaze of the Church is constantly turned to her Lord, present in the Sacrament of the Altar, in which she discovers the full manifestation of his boundless love.

¹ *Lumen Gentium*, 11.

² *Presbyterorum Ordinis*, 5.

Silent Reflection

Reflection - (*Catechism*, 776)

As sacrament, the Church is Christ's instrument. "She is taken up by him also as the instrument for the salvation of all," "the universal sacrament of salvation," by which Christ is "at once manifesting and actualizing the mystery of God's love for men." (*Lk. 1:17*) The Church "is the visible plan of God's love for humanity," because God desires "that the whole human race may become one People of God, form one Body of Christ, and be built up into one temple of the Holy Spirit." (cf. *Rev. 22:17*)

Prayer for Christian Unity

Leader: *Let us pray.*

Lord our God, we thank you for the wisdom we gain from your scriptures. Grant us the courage to open our hearts and our minds to neighbors of other Christian confessions and of other faiths; the grace to overcome barriers of indifference, prejudice or hate; and a vision of the last days, when Christians might walk together towards that final feast, when tears and dissension will be overcome through love. Amen.

Intentions

Let us pray together the Daily Offering with the intention of the Holy Father and our personal intentions:

All:

Eternal Father, we offer you in union with Mary, Mother of the Redeemer of humankind, the Blood Jesus shed with love in his passion and every day is offered on the altar. In union with the Victim offered for the salvation of the world, we offer today's actions in expiation for our sins, for the conversion of sinners, for the souls in purgatory, for the needs of the holy Church, and especially:

For the Holy Father's **Evangelization Intention:** That Christians, and other religious minorities in Asian countries, may be able to practice their faith in full freedom, we pray. *R/.*

Our response will be: *Lord, hear our prayer.*

God of compassion, look with favor upon all who work and pray for the unity of divided Christian communities, we pray. *R/.*

O God, you surround your people with your all-powerful love, may our eyes of faith be open to see your presence, we pray. *R/.*

Lord, You have promised to be with your Church always, may the Holy Spirit inspire many more vocations to the priesthood and religious life, we pray to the Lord. *R/.*

For those who've asked the help of our prayers, for those who have no one to pray for them, and for the intentions we hold in the silence of our hearts, we pray to the Lord. *R/.*

Our Father...

Silent Reflection

Closing Prayer

Leader: *Let us pray:*

All: Lord Jesus, in the Eucharist You make your dwelling among us and become our traveling companion; sustain our Christian communities so that they may be ever more open to listening and accepting your Word. May they draw from the Eucharist a renewed commitment to spreading in society, by the proclamation of your Gospel, the signs and deeds of an attentive and active charity. We ask this in Jesus' name. Amen.

Benediction and Reposition

Closing Hymn