

# MAY CONTEMPLATION

## THE GREAT CRITERION

*We are living in a time in which it is necessary  
to bring about the revolution of tenderness.*

Pope Francis to Families of the Most Precious Blood, 30 June 2018

### 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:** *(Phil 1:3-11)*

I thank my God every time I remember you. In all my prayers for all of you, I always pray with joy because of your partnership in the gospel from the first day until now, being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus. It is right for me to feel this way about all of you, since I have you in my heart; for whether I am in chains or defending and confirming the gospel, all of you share in God's grace with me. God can testify how I long for all of you with the affection of Christ Jesus. And this is my prayer: that your love may abound more and more in knowledge and depth of insight, so that you may be able to discern what is best and may be pure and blameless until the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ—to the glory and praise of God.

The Word of the Lord.

**All: Thanks be to God.**

#### **Responsorial Psalm** *(Psalm 62:6, 7-8, 9, 11-12a)*

**Response:** *Only in God is my soul at rest.*

He alone is my rock and my salvation,  
my fortress where I will not be shaken. **R/.**

My victory and honor come from God alone.  
He is my refuge, a rock where no enemy can reach me. **R/.**

O my people, trust in him at all times.

Pour out your heart to him, for God is our refuge. **R/.**

Common people are as worthless as a puff of wind,  
and the powerful are not what they appear to be.

If you weigh them on the scales,  
together they are lighter than a breath of air. **R/.**

God has spoken plainly, and I have heard it many times:

Power, O God, belongs to you; unfailing love, O Lord, is yours. **R/.**

### **Glory be to the Father...**

**Reflection:**\* *Gaudete et Exsultate*, 104, 105, 107

We may think that we give glory to God only by our worship and prayer, or simply by following certain ethical norms. It is true that the primacy belongs to our relationship with God, but we cannot forget that the ultimate criterion on which our lives will be judged is what we have done for others. Prayer is most precious, for it nourishes a daily commitment to love. Our worship becomes pleasing to God when we devote ourselves to living generously, and allow God's gift, granted in prayer, to be shown in our concern for our brothers and sisters.<sup>1</sup>

Similarly, the best way to discern if our prayer is authentic is to judge to what extent our life is being transformed in the light of mercy. For "mercy is not only an action of the Father; it becomes a criterion for ascertaining who his true children are." [ *Bull Misericordiae Vultus* (11 April 2015), 9: AAS 107 (2015), 405.] Mercy "is the very foundation of the Church's life." [Ibid., 10, 406.]<sup>2</sup>

Those who really wish to give glory to God by their lives, who truly long to grow in holiness, are called to be single-minded and tenacious in their practice of the works of mercy... He depends on us to love the world and to show how much he loves it. If we are too concerned with ourselves, we will have no time left for others." [ *Cristo en los Pobres*, Madrid, 1981, 37-38.]<sup>3</sup>

<sup>1</sup>THE GREAT CRITERION, 104.

<sup>2</sup> Ibid., 105.

<sup>3</sup> Ibid., 107.

### ***Silent Reflection***

**Prayer for Mothers** (from "Women for Faith & Family – [www.wf-f.org](http://www.wf-f.org).)

Most gracious heavenly father, we thank you for our mothers to whom you have entrusted the care of every precious human life from its very beginning in the womb. You have given to woman the capacity of participating with you in the creation of new life. Grant that every woman may come to understand the full meaning of that blessing, which gives her an unlimited capacity for selfless love for every child she may be privileged to bear, and for all your children.

To mothers You have given the great privilege and responsibility of being a child's first teacher and spiritual guide. Grant that all mothers may worthily foster the faith of their children, following the example of Mary, Elizabeth, and other holy women who follow Christ. Help mothers to grow daily in knowledge and understanding of Your Son, Our Lord Jesus Christ, and grant them the wisdom to impart this knowledge faithfully to their children and to all who depend upon them.

\* This year the *Reflections* will be taken from *Gaudete et Exsultate*, the Apostolic Exhortation by Pope Francis that presents a spirituality of holiness in everyday life clearly based on Catholic Tradition.

"We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves." *Gaudete et Exsultate*, 14

We ask your blessing on all those to whom You have entrusted motherhood. May Your Holy Spirit constantly inspire and strengthen them. May they ever follow the example of Mary, mother of Our Lord, and imitate her fidelity, her humility, and her self-giving love.

We ask this through our Lord and Savior, Jesus Christ, who lives and reigns with You and the Holy Spirit, one God, world without end. 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 intention: That the Church in Africa, through the commitment of its members, may be the seed of unity among her peoples and a sign of hope for this continent, we pray. *R/.*

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

That all mothers may find in Mary the example and strength to carry out their vocation, 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. *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. *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**