

# SEPTEMBER CONTEMPLATION

## 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:** *(Philippians 4:4-9, 19-20)*

Rejoice in the Lord always; again, I will say, rejoice! Let your gentle spirit be known to all men. The Lord is near. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything, worthy of praise, dwell on these things. The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

And my God will supply all your needs according to His riches in glory in Christ Jesus. Now to our God and Father be the glory forever and ever. Amen.

The Word of the Lord.

**All: Thanks be to God.**

### **Responsorial Psalm** *(Psalm 116: 1-7)*

**Response:** *Our God is full of compassion.*

I love the LORD, for he heard my voice; he heard my cry for mercy. **R/.**

Because he turned his ear to me, I will call on him as long as I live. **R/.**

The cords of death entangled me, the anguish of the grave came upon me;  
I was overcome by trouble and sorrow. **R/.**

Then I called on the name of the LORD: "O LORD, save me!" **R/.**

The LORD is gracious and righteous; our God is full of compassion. *R/*  
The LORD protects the simple-hearted; when I was in great need, he saved me. *R/*

Be at rest once more, O my soul, for the LORD has been good to you. *R/*

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

#### **Reflection:** \* *Aperuit Illis*, #7

The Bible, as sacred Scripture, thus speaks of Christ and proclaims him as the one who had to endure suffering and then enter into his glory (cf. v. 26). Not simply a part, but the whole of Scripture speaks of Christ. Apart from the Scriptures, his death and resurrection cannot be rightly understood. That is why one of the most ancient confessions of faith stressed that “Christ died for our sins in accordance with the Scriptures, that he was buried, that he was raised on the third day in accordance with the Scriptures, and that he appeared to Cephas” (*1Cor15:3-5*). Since the Scriptures everywhere speak of Christ, they enable us to believe that his death and resurrection are not myth but history, and are central to the faith of his disciples.

### *Silent Reflection*

#### **Prayer for the Family**

God and Father of us all, in Jesus, your Son and our Savior, you have made us your sons and daughters in the family of the Church. May your grace and love help our families in every part of the world be united to one another in fidelity to the Gospel. May the example of the Holy Family, with the aid of your Holy Spirit, guide all families, especially those most troubled, to be homes of communion and prayer and to always seek your truth and live in your love, Through Christ our Lord. Amen. Jesus, Mary and Joseph, pray for us!

#### **Meditation from *Dei Verbum***

Jesus perfected revelation by fulfilling it through his whole work of making Himself present and manifesting Himself: through His words and deeds, His signs and wonders, but especially through His death and glorious resurrection from the dead and final sending of the Spirit of truth. Moreover, He confirmed with divine testimony what revelation proclaimed, that God is with us to free us from the darkness of sin and death, and to raise us up to life eternal.

*Dogmatic Constitution on Divine Revelation*, Chapter I, *Revelation Itself*, #4.

## **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 planet's resources will not be plundered, but shared in a just and respectful manner, we pray. *R/.*

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

That the media may become a force to safeguard the common good, to uphold the truth, to protect individual human dignity and promote respect for the needs of the family, 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**

\* This year the *Reflections* will be taken from *Aperuit Illis (Instituting the Sunday of the Word of God)* the Apostolic Letter by Pope Francis to "enable the Church to experience anew how the risen Lord opens up for us the treasury of his word and enables us to proclaim its unfathomable riches before the world." (#2)  
*September 2020*