

## DECEMBER CONTEMPLATION

*Praise and glory and wisdom and thanks and honor and power and strength  
be to our God for ever and ever. Amen!*  
(Rev. 7:12)

### 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: (Eph. 3:14-4:6)

For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with might through his Spirit in the inner man, and that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, may have power to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to do far more abundantly than all that we ask or think, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

I therefore, a prisoner for the Lord, beg you to lead a life worthy of the calling to which you have been called, with all lowliness and meekness, with patience, forbearing one another in love, eager to maintain the unity of the Spirit in the bond of peace.

There is one body and one Spirit, just as you were called to the one hope that belongs to your call, one Lord, one faith, one baptism, one God and Father of us all, who is above all and through all and in all.

The Word of the Lord.

**All: Thanks be to God.**

**Responsorial Psalm** (*Psalm 103:1-2, 17-21*)

***Response: Bless the Lord, O my soul!***

Bless the LORD, O my soul,  
And all that is within me, bless His holy name.  
Bless the LORD, O my soul,  
And forget not all His benefits. ***R/.***

But the loving kindness of the LORD  
is from everlasting to everlasting on those who fear Him,  
And His righteousness to children's children ***R/.***

To those who keep His covenant  
And remember His precepts to do them.  
The LORD has established His throne in the heavens,  
And His sovereignty rules over all. ***R/.***

Bless the LORD, you His angels,  
Mighty in strength, who perform His word,  
Obeying the voice of His word! ***R/.***

Bless the LORD, all you His hosts,  
You who serve Him, doing His will. ***R/.***

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

**Meditation:** *Ecclesia de Eucharistia - Conclusion, 62*

In the humble signs of bread and wine, changed into his body and blood, Christ walks beside us as our strength and our food for the journey, and he enables us to become, for everyone, witnesses of hope. If, in the presence of this mystery, reason experiences its limits, the heart, enlightened by the grace of the Holy Spirit, clearly sees the response that is demanded, and bows low in adoration and unbounded love.

***Silent Reflection***

**Reflection** - (*Catechism, 1028*)

The Church calls the contemplation of God in his heavenly glory "the beatific vision": How great will your glory and happiness be, to be allowed to see God, to be honored with sharing the joy of salvation and eternal light with Christ your Lord and God, . . . to delight in the joy of immortality in the Kingdom of heaven with the righteous and God's friends.

**A Christmas Prayer**

God of love, Father of all, the darkness that covered the earth has given way to the bright dawn of your Word made flesh. Make us a people of this light. Make us faithful to your Word that we may bring your life to the waiting world. Grant this through Christ our Lord. Amen.

## **Intentions**

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

*R/. Lord, hear our prayer.*

### **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 people, who are involved in the service and transmission of faith, may find, in their dialogue with culture, a language suited to the conditions of the present time, we pray. *R/.*

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

For all who hear and read God's word with faith, that the Spirit may touch their hearts with joy, we pray to the Lord. *R/.*

Grant us clarity of mind and purity of heart that we may do what is right in your eyes, we pray to the Lord. *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**