

JANUARY CONTEMPLATION

THE LORD CALLS

The witness of the disciples of Jesus is called to transform people's hearts and lives.

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: (2 Tim 3:10-17)

You, however, know all about my teaching, my way of life, my purpose, faith, patience, love, endurance, persecutions, sufferings—what kinds of things happened to me in Antioch, Iconium and Lystra, the persecutions I endured. Yet the Lord rescued me from all of them. In fact, everyone who wants to live a godly life in Christ Jesus will be persecuted, while evil men and impostors will go from bad to worse, deceiving and being deceived. But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the man of God may be thoroughly equipped for every good work.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm (Psalm 40: 2,4,7-8a,10,11)

Response: *Here am I Lord, I come to do your will.*

He drew me up from the desolate pit, out of the miry bog,
and set my feet upon a rock, making my steps secure. **R/.**

Happy are those who make the LORD their trust,
who do not turn to the proud,
to those who go astray after false gods. **R/.**

Then I said, “Here I am; in the scroll of the book it is written of me.

I delight to do your will, O my God.” *R/.*

I have not hidden your saving help within my heart,
I have spoken of your faithfulness and your salvation;
I have not concealed your steadfast love
and your faithfulness from the great congregation. *R/.*

Do not, O LORD, withhold your mercy from me;
let your steadfast love and your faithfulness
keep me safe forever. *R/.*

Glory be to the Father...

Reflection: * *Gaudete et Exsultate*, 10,14

The Lord addresses the call to holiness to each of us, the call that he also addresses, personally, to you: “Be holy, for I am holy” (*Lev 11:44*; cf. *1 Pet 1:16*).¹

To be holy does not require being a bishop, a priest or a religious. We are frequently tempted to think that holiness is only for those who can withdraw from ordinary affairs to spend much time in prayer. That is not the case. 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. Are you called to the consecrated life? Be holy by living out your commitment with joy. Are you married? Be holy by loving and caring for your husband or wife, as Christ does for the Church. Do you work for a living? Be holy by laboring with integrity and skill in the service of your brothers and sisters. Are you a parent or grandparent? Be holy by patiently teaching the little ones how to follow Jesus. Are you in a position of authority? Be holy by working for the common good and renouncing personal gain.[cf. Pope Benedict, *Insegnamenti* II/2 (2014), 555.]²

¹ THE LORD CALLS, 10.

² FOR YOU TOO, 14.

Silent Reflection

Prayer for Christian Unity

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.

* 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

Intentions

Leader:

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 young people, especially in Latin America, follow the example of Mary and respond to the call of the Lord to communicate the joy of the Gospel to the world, we pray. *R/.*

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

That our country more fully embrace the culture of life, recognizing in each person the image of God Himself, 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