

Virtual Eucharistic Adoration

Create a prayerful setting for this special time with the Lord and access an on-line chapel.

May this time of prayer and adoration before the Blessed Sacrament be an opportunity to grow in awareness of the incomparable treasure which Christ entrusted to his Church.

FEBRUARY CONTEMPLATION

May the Crucifix be our book; therein do we read to learn how to act.

– St. Gaspar #2368

Opening Prayer

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.

Silent Reflection

Let us keep silence before God – silent within ourselves – that our hearts and ears may be open.

Prayer Before Reading Scripture

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 Timothy 3:10-17)

A reading from the letter of Paul to Timothy

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 119:1, 27, 30, 34, 35, 44*)

R/. Guide me, Lord, in the way of your commands.

Blessed are they whose way is blameless, who walk in the law of the LORD. *R/.*

Make me understand the way of your precepts, and I will meditate on your wondrous deeds. *R/.*

The way of truth I have chosen; I have set your ordinances before me. *R/.*

Give me discernment, that I may observe your law and keep it with all my heart. *R/.*

Lead me in the path of your commands, for in it I delight. *R/.*

And I will keep your law continually, forever and ever. *R/.*

Glory Be...

Reflection: (*Catechism, 1972*)

The New Law is called a law of love because it makes us act out of the love infused by the Holy Spirit, rather than from fear; a law of grace, because it confers the strength of grace to act, by means of faith and the sacraments; a law of freedom, because it sets us free from the ritual and juridical observances of the Old Law, inclines us to act spontaneously by the prompting of charity and, finally, lets us pass from the condition of a servant who "does not know what his master is doing" to that of a friend of Christ - "For all that I have heard from my Father I have made known to you" - or even to the status of son and heir.

(Catechism of the Catholic Church, 2nd Edition, PART THREE - LIFE IN CHRIST, SECTION ONE: MAN'S VOCATION: LIFE IN THE SPIRIT, CHAPTER THREE: GOD'S SALVATION: LAW AND GRACE, ARTICLE 1: THE MORAL LAW, III. THE NEW LAW OR THE LAW OF THE GOSPEL.)

Seasonal Prayer: Canticle of the Blood by *St. Maria de Mattias*

**February 4 - Feast of St. Maria de Mattias
Foundress of the Adorers of the Blood of Christ**

Come, let us adore Christ, the Son of God, who has redeemed us with his blood.

Clap your hands, all you peoples, sing unto God with a voice of jubilation.

For you, God, glorious and mighty, have shown us mercy.

You have not spared your only Son but delivered him up in our behalf.

That you might redeem us from our sins in Christ's own blood;

That justified in the blood of Jesus you might turn your anger from us;

That we who were separated might be reconciled through the blood of Christ.

O God, my God, what can I render to you for all the good you have bestowed upon me?

I will take the chalice of salvation, and I will call upon the power of Christ's blood.

Sing to Jesus, all you saints, and make known the memory of his holiness.

For Christ indeed has loved us and washed us in his blood and has become our helper and redeemer.

May Christ be blessed forever who has wrought such wonders in us.

Blessed be Jesus for all ages, and may the heavens and the earth be filled with the praises of his love.

Come, let us adore Christ, the Son of God, who has redeemed us with his blood. Amen.

Silent Reflection

This year the **Meditations** 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.

Meditation: (*Gaudete et Exsultate*, 14)

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.¹⁴

¹⁴ Cf. *Catechesis*, General Audience of 19 November 2014: *Insegnamenti* II/2 (2014), 555.

Intentions

Let us pray together the Daily Offering with the intentions 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 Intention For religious sisters and consecrated women:

We pray for religious sisters and consecrated women; thanking them for their mission and their courage; may they continue to find new responses to the challenges of our times, we pray to the Lord. ***R/.***

We pray for all those who are discerning their vocation in life, particularly those whom the Lord is calling to consecrated life. May they be given the wisdom to hear God's call and the courage to respond generously, 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/.***

The Blood of Christ is Life for all Our Needs

Eternal Father, we offer you the Precious Blood of Jesus Christ, poured out on the cross and offered daily on the altar:

- ✦ For the glory of your name, for the coming of your kingdom and for the salvation of all.
- ✦ For the propagation of faith, for Pope Francis, for bishops, priests, and religious and for the sanctification of all the people of God.
- ✦ For the conversion of sinners, for the loving acceptance of your Word, and for the union of all Christians.
- ✦ For civil authorities, for the strengthening of public morals, and for peace and justice among all nations.
- ✦ For the sanctification of our work and suffering, for the poor, sick and afflicted, and for all who rely on our prayers.
- ✦ For our own spiritual and temporal needs, for those of our relatives, benefactors, and also for those of our enemies.
- ✦ For those who are to die this day, for the souls in purgatory, and for our final union with Christ in Glory.

Our Father...

Silent Reflection

Closing Prayer: Precious Blood Prayer

All: Almighty and Eternal God, you have appointed your only-begotten Son the Redeemer of the world and willed to be appeased by his Blood. Grant we beg of you, that we may worthily adore this price of our salvation, and through its power be safeguarded from the evils of this present life, so that we may rejoice in its fruits forever in heaven. Through the same Christ our Lord. Amen

Our Lady of the Most Precious Blood, pray for us.
St. Gaspar, pray for us, St. Maria De Mattias, pray for us,
St. Francis Xavier, pray for us.