

MAY CONTEMPLATION

*Overcome with paschal joy, every land,
every people exult in your praise.
(Preface I of Easter)*

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: (*Heb. 4:12-16*)

For the word of God is living and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart. Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of him to whom we must give account. Therefore, since we have a great high priest who has gone through the heavens, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet was without sin. Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

The Word of the Lord.

All: *Thanks be to God.*

Responsorial Psalm (*Psalm 112: 1-2, 4-5, 6, 9*)

Response: Happy are those who fear the Lord.

Praise the Lord!

How joyful are those who fear the Lord
and delight in obeying his commands. **R/**

Their children will be successful everywhere;
an entire generation of godly people will be blessed. **R/**

Light shines in the darkness for the godly.
They are generous, compassionate, and righteous. **R/**

Good comes to those who lend money generously
and conduct their business fairly.
Such people will not be overcome by evil.
Those who are righteous will be long remembered. **R/**

They share freely and give generously to those in need.
Their good deeds will be remembered forever.
They will have influence and honor. **R/**

Glory be to the Father...

Meditation: Ecclesia de Eucharistia - Chapter One, *The Mystery of Faith*, 18

The Eucharist is a straining towards the goal, a foretaste of the fullness of joy promised by Christ (cf. *Jn*15:11); it is in some way the anticipation of heaven, the “pledge of future glory”.³⁰ In the Eucharist, everything speaks of confident waiting “in joyful hope for the coming of our Savior, Jesus Christ”.³¹ Those who feed on Christ in the Eucharist need not wait until the hereafter to receive eternal life: *they already possess it on earth*, as the first-fruits of a future fullness which will embrace man in his totality. For in the Eucharist we also receive the pledge of our bodily resurrection at the end of the world: “He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day” (*Jn* 6:54).

³⁰Solemnity of the Body and Blood of Christ, Second Vespers, Antiphon to the *Magnificat*.

³¹*Missale Romanum*, Embolism following the Lord's Prayer.

Silent Reflection

Reflection - (*Catechism*, 775)

"The Church, in Christ, is like a sacrament - a sign and instrument, that is, of communion with God and of unity among all men." (*Lk. 1:76*) The Church's first purpose is to be the sacrament of the *inner union of men with God*. Because men's communion with one another is rooted in that union with God, the Church is also the sacrament of the *unity of the human race*. In her, this unity is already begun, since she gathers men "from every nation, from all tribes and peoples and tongues" (*Rev.7:9*) at the same time, the Church is the "sign and instrument" of the full realization of the unity yet to come.

Prayer for Mothers

Leader: *Let us pray.*

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. 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. 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 the lay faithful may fulfil their specific mission, by responding with creativity to the challenges that face the world today, 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 to the Lord. **R/**

That the Church, like the Virgin Mary, may bring Christ into the world with joy, and be joined with him in endless life, we pray to the Lord. **R/**

Lord, You nourish the Church with Your Body and Blood, strengthen us in our journey to the Father, 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