

JULY 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: *(Hebrews 10:19-24)*

Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm *(Psalm 62:1-8)*

Response: My soul clings to You; Your right hand upholds me.

O God, You are my God; I shall seek You earnestly; My soul thirsts for You, my flesh yearns for You,
In a dry and weary land where there is no water. **R/.**

Thus, I have seen You in the sanctuary, To see Your power and Your glory.
Because Your loving kindness is better than life, my lips will praise You. **R/.**

I will bless You as long as I live; I will lift up my hands in Your name.

My soul is satisfied as with marrow and fatness, and my mouth offers praises with joyful lips. **R/.**

When I remember You on my bed, I meditate on You in the night watches,

For You have been my help, and in the shadow of Your wings I sing for joy. **R/.**

Glory be to the Father...

Reflection: * *Aperuit Illis*, #8

Regular reading of sacred Scripture and the celebration of the Eucharist make it possible for us to see ourselves as part of one another. As Christians, we are a single people, making our pilgrim way through history, sustained by the Lord, present in our midst, who speaks to us and nourishes us.

Sacred Scripture and the sacraments are thus inseparable. When the sacraments are introduced and illumined by God's word, they become ever more clearly the goal of a process whereby Christ opens our minds and hearts to acknowledge his saving work. We should always keep in mind the teaching found in the Book of Revelation: The Lord is standing at the door and knocking. If anyone should hear his voice and open for him, he will come in and eat with them (cf. 3:20). Christ Jesus is knocking at our door in the words of sacred Scripture. If we hear his voice and open the doors of our minds and hearts, then he will enter our lives and remain ever with us.

Silent Reflection

Precious Blood Prayer

July is the month dedicated to the Precious Blood

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

Meditation from *Dei Verbum*

The Church has always venerated the Scriptures just as she venerates the body of the Lord, since, especially in sacred liturgy, she unceasingly receives and offers to the faithful the bread of life from the table both of God's Word and of Christ's Body. She has always maintained them, and continues to do so, together with sacred tradition, as the supreme rule of faith, since, as inspired by God and committed once and for all to writing, they impart the Word of God Himself without change, and make the voice of the Holy Spirit resound in the words of the prophets and Apostles. Therefore, like the Christian religion itself, all the preaching of the Church must be nourished and regulated by sacred Scripture. For in the sacred books, the Father who is in heaven meets His children with great love and speaks with them; and the force and power in the word of God is so great that it stands as the support and energy of the Church, the strength of faith for her sons, the food of the soul, the pure and everlasting source of spiritual life. Consequently, these words are perfectly applicable to sacred Scripture: "For the word of God is living and active" (Heb. 4:12) and "it has power to build you up and give you your heritage among all those who are sanctified" (Acts 20:32; see 1 Thess. 2:13).

Dogmatic Constitution on Divine Revelation, Chapter VI, *Sacred Scripture in the Life of the Church*, #21.

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 today's families may be accompanied with love, respect and guidance, we pray. *R/.*

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

You chose bread and wine as the signs of the Eucharist. May we always hunger and thirst for the food that nourishes us for eternal life, 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)

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