

# DECEMBER CONTEMPLATION

## ALWAYS IN THE LIGHT OF THE LORD

*With the example of St. Gaspar's love for God, his humility and his charity,  
he was able to bring reconciliation and peace everywhere,  
tending to the spiritual and material needs  
of the most fragile people who lived on the margins of society.*

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:** *(Col 3:12-17)*

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive whatever grievances you may have against one another. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom, and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

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...**

#### **Reflection:** \* *Gaudete et Exsultate*, 164,169

The path of holiness is a source of peace and joy, given to us by the Spirit. At the same time, it demands that we keep “our lamps lit” (*Lk* 12:35) and be attentive.<sup>1</sup>

Discernment is necessary not only at extraordinary times, when we need to resolve grave problems and make crucial decisions. It is a means of spiritual combat for helping us to follow the Lord more faithfully. We need it at all times, to help us recognize God’s timetable, lest we fail to heed the promptings of his grace and disregard his invitation to grow. Often discernment is exercised in small and apparently irrelevant things, since greatness of spirit is manifested in simple everyday realities. It involves striving untrammelled for all that is great, better and more beautiful, while at the same time being concerned for the little things, for each day’s responsibilities and commitments.<sup>2</sup> Discernment also enables us to recognize the concrete means that the Lord provides in his mysterious and loving plan, to make us move beyond mere good intentions.<sup>3</sup>

<sup>1</sup> SPIRITUAL CORRUPTION, 164.

<sup>2</sup> ALWAYS IN THE LIGHT OF THE LORD, 169.

<sup>3</sup> Ibid.

### ***Silent Reflection***

#### **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:

\* 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

**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 every country take the measures necessary to prioritize the future of the very young, especially those who are suffering, we pray. *R/.*

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

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. *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**