

FEBRUARY CONTEMPLATION

Blood of Christ, help of those in peril, have mercy on us.

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.

Silent Reflection

We pray that the Jubilee of Mercy may be a year of grace from the Lord.

Prayer for the Year of Mercy

All:

Lord Jesus Christ, you are the visible face of the invisible Father, of the God who manifests his power above all by forgiveness and mercy. May your church, with renewed enthusiasm, bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind. We ask this through the intercession of Mary, Mother of Mercy, you who live and reign with the Father and the Holy Spirit forever and ever. 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 86: 3-4,5-6,7, 9-

10)

Response: All the nations shall worship you, O Lord.

Be merciful to me, O Lord, for I am calling on you constantly.

Give me happiness, O Lord, for I give myself to you. *R/.*

O Lord, you are so good, so ready to forgive,

so full of unfailing love for all who ask for your help.

Listen closely to my prayer, O Lord; hear my urgent cry. *R/.*

I will call to you whenever I'm in trouble,

and you will answer me. *R/.*

All the nations you made will come and bow before you, Lord;

they will praise your holy name. *R/.*

For you are great and perform wonderful deeds.

You alone are God. *R/.*

Glory Be...

February 2016

Reflection

(Catechism, #1438)

The seasons and days of penance in the course of the liturgical year (Lent, and each Friday in memory of the death of the Lord) are intense moments of the Church's penitential practice. These times are particularly appropriate for spiritual exercises, penitential liturgies, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works).

Prayer to be Merciful to Others

St. Maria Faustina Kowalska (Diary, 163)

All: O Lord, I want to be completely transformed into Your mercy and to be Your living reflection. May the greatest of all divine attributes, that of Your unfathomable mercy, pass through my heart and soul to my neighbor.

Help me, that my ears may be merciful, so that I may give heed to my neighbors' needs and not be indifferent to their pains and moanings. May Your mercy, O Lord, rest upon me. Amen.

Silent Reflection

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

Gospel

(Matt 9:2-7)

Getting into a boat, Jesus crossed over *the sea* and came to His own city. And they brought to Him a paralytic lying on a bed. Seeing their faith, Jesus said to the paralytic, "Take courage, son; your sins are forgiven." And some of the scribes said to themselves, "This *fellow* blasphemes." And Jesus knowing their thoughts said, "Why are you thinking evil in your hearts? Which is easier, to say, 'Your sins are forgiven,' or to say, 'Get up, and walk'? But so that you may know that the Son of Man has authority on earth to forgive sins"—then He said to the paralytic, "Get up, pick up your bed and go home." And he got up and went home. But when the crowds saw *this*, they were awestruck, and glorified God, who had given such authority to men.

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

Meditation

John Paul II, *Dives in Misericordia*, 13

THE MERCY OF GOD IN THE MISSION OF THE CHURCH The Church Professes the Mercy of God and Proclaims It

The Church professes and proclaims conversion. Conversion to God always consists in discovering His mercy, that is, in discovering that love which is patient and kind (*1John 4:8*) as only the Creator and Father can be; the love to which the "God and Father of our Lord Jesus Christ" (*2 Cor. 1:3*) is faithful to the uttermost consequences in the history of His covenant with man: even to the cross and to the death and resurrection of the Son. Conversion to God is always the fruit of the "rediscovery" of this Father, who is rich in mercy.

...the Church professes the mercy of God, revealed in the crucified and risen Christ, not only by the word of her teaching but above all through the deepest pulsation of the life of the whole People of God. By means of this testimony of life, the Church fulfills the mission proper to the People of God, the mission which is a sharing in and, in a sense, a continuation of the messianic mission of Christ Himself.

Intentions

Leader:

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 **Universal Intention:** That we may take good care of creation – a gift freely given – cultivating and protecting it for future generations, we pray. *R/.*

For the Holy Father's **Intention for Evangelization:** That opportunities may increase for dialogue and encounter between the Christian faith and the peoples of Asia, we pray. *R/.*

God of love, you have freed us from sin; grant us conversion of heart to always choose what is good and to reject violence and intolerance, 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/.*

That we may live the season of Lent more intensely as a privileged moment to celebrate and experience God's mercy, 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

All:

Eternal God, in Whom mercy is endless, and the treasury of compassion inexhaustible, look kindly upon us, and increase Your mercy in us, that in difficult moments, we might not despair, nor become despondent, but with great confidence, submit ourselves to Your holy will, which is Love and Mercy Itself. Amen.

Benediction and Reposition

Closing Hymn