

JULY CONTEMPLATION

*When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord, until you come again.*

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.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 100: 1-5)

Response: Shout joyfully to the Lord, all the earth.

Shout joyfully to the LORD, all the earth.

Serve the LORD with gladness;

Come before Him with joyful singing. **R/.**

Know that the LORD Himself is God;

It is He who has made us, and not we ourselves;

We are His people and the sheep of His pasture. **R/.**

Enter His gates with thanksgiving and His courts with praise.

Give thanks to Him, bless His name. *R/.*

For the LORD is good;

His loving kindness is everlasting

And His faithfulness to all generations. *R/.*

Glory be to the Father...

Meditation: *Ecclesia de Eucharistia* - Chapter One, *The Mystery of Faith*, 11

The Church has received the Eucharist from Christ her Lord not as one gift – however precious – among so many others, but as *the gift par excellence*, for it is the gift of himself, of his person in his sacred humanity, as well as the gift of his saving work. Nor does it remain confined to the past, since “all that Christ is – all that he did and suffered for all men – participates in the divine eternity, and so transcends all times”.¹⁰

When the Church celebrates the Eucharist, the memorial of her Lord's death and resurrection, this central event of salvation becomes really present and “the work of our redemption is carried out”.¹¹ This sacrifice is so decisive for the salvation of the human race that Jesus Christ offered it and returned to the Father only *after he had left us a means of sharing in it* as if we had been present there. Each member of the faithful can thus take part in it and inexhaustibly gain its fruits.

¹⁰*Catechism of the Catholic Church*, 1085.

¹¹ *Lumen Gentium*, 3.

Silent Reflection

Reflection - (*Catechism*, 1942)

The virtue of solidarity goes beyond material goods. In spreading the spiritual goods of the faith, the Church has promoted, and often opened new paths for, the development of temporal goods as well. And so throughout the centuries has the Lord's saying been verified: "Seek first his kingdom and his righteousness, and all these things shall be yours as well." (*Mt 6:33*)

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.

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 priests, who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and in their friendship with their brother priests, 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 to the Lord. *R/.*

In the Eucharist you feed us with the true bread from heaven, sustain us, Lord, and strengthen us in holiness, 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