

FEBRUARY CONTEMPLATION

*Time and again you offered them covenants
and through the prophets taught them to look forward to salvation.
(Eucharistic Prayer IV)*

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. 8:8-12)*

"The time is coming," declares the Lord, "when I will make a new covenant with the house of Israel and with the house of Judah. It will not be like the covenant I made with their forefathers when I took them by the hand to lead them out of Egypt, because they did not remain faithful to my covenant, and I turned away from them", declares the Lord. "This is the covenant I will make with the house of Israel after that time, declares the Lord. I will put my laws in their minds and write them on their hearts. I will be their God, and they will be my people. No longer will a man teach his neighbor, or a man his brother, saying, 'Know the Lord,' because they will all know me, from the least of them to the greatest. For I will forgive their wickedness and will remember their sins no more."

The Word of the Lord.

All: Thanks be to God.

Responsorial Psalm *(Psalm 105:5-6, 7-11, 42-43)*

Response: The Lord remembers his covenant forever.

Remember the wonders he has performed,
his miracles, and the rulings he has given,
you children of his servant Abraham,
you descendants of Jacob, his chosen ones. **R/.**

He is the Lord our God. His justice is seen throughout the land.
He always stands by his covenant —
the commitment he made to a thousand generations. *R/.*

This is the covenant he made with Abraham and the oath he swore to Isaac.
He confirmed it to Jacob as a decree,
and to the people of Israel as a never-ending covenant:
“I will give you the land of Canaan as your special possession.” *R/.*

For he remembered his sacred promise to his servant Abraham.
So he brought his people out of Egypt with joy,
his chosen ones with rejoicing. *R/.*

Glory be to the Father...

Meditation: *Ecclesia de Eucharistia*

The Eucharist, as Christ's saving presence in the community of the faithful and its spiritual food, is the most precious possession which the Church can have in her journey through history.¹

In the paschal event and the Eucharist which makes it present throughout the centuries, there is a truly enormous “capacity” which embraces all of history as the recipient of the grace of the redemption. This amazement should always fill the Church assembled for the celebration of the Eucharist.²

¹Introduction, 9

²Introduction, 5

Silent Reflection

Reflection - (*Catechism*, 2745)

Prayer and *Christian life* are *inseparable*, for they concern the same love and the same renunciation, proceeding from love; the same filial and loving conformity with the Father's plan of love; the same transforming union in the Holy Spirit who conforms us more and more to Christ Jesus; the same love for all men, the love with which Jesus has loved us. "Whatever you ask the Father in my name, he [will] give it to you. This I command you, to love one another." (*Jn* 15:16-17)

Leader: *Let us pray.*

Father in heaven, through your Son, Jesus Christ, you have given us a new vision of your merciful love in his call to repentance and faith in the good news. Hear the prayers of your holy people, and grant that in our common journey to your house we may always reflect your love in choosing the values of the gospel and in serving others, until we come to our fulfillment in Christ, who lives and reigns for ever and ever.

All: Amen.

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 **Universal Intention:** That those who have material, political or spiritual power may resist any lure of corruption, we pray. *R/.*

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

O God, you sent your Son so that we may have life and be enlightened by your Word, may all people become stewards of peace, to serve you and to do your will, let us pray to the Lord. *R/.*

You sent your only Son, the living Word, to call the world to conversion of heart, grant us ears to hear and hearts to live according to your word, 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 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