

## **Virtual Eucharistic Adoration**

*Create a prayerful setting for this special time with the Lord and access an on-line chapel.  
May this time of prayer and adoration before the Blessed Sacrament be an opportunity  
to grow in awareness of the incomparable treasure which Christ entrusted to his Church.*

## **FEBRUARY CONTEMPLATION**

*Let us entrust everything to God who is a loving Father.  
– St. Gaspar #1739*

### **Opening Prayer**

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.

### ***Silent Reflection***

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

### **Prayer Before Reading Scripture**

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 12:1-8)*

*A reading from the letter of Paul to the Hebrews*

Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering. Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral. Keep your lives free from the love of money and be content with what you have, because God has said, "Never will I leave you; never will I forsake you." So we say with confidence, "The Lord is my helper; I will not be afraid. What can man do to me?" Remember your leaders, who spoke the word of God to you. Consider the outcome of their way of life and imitate their faith. Jesus Christ is the same yesterday and today and forever.

The Word of the Lord.

**All: Thanks be to God.**

**Responsorial Psalm:** (*Psalm 16:5, 8, 9-10, 11*)

***Response: You are my inheritance, O Lord.***

Lord, you alone are my inheritance, my cup of blessing. You guard all that is mine.

The land you have given me is a pleasant land. What a wonderful inheritance! **R/.**

I will bless the Lord who guides me; even at night my heart instructs me.

I know the Lord is always with me. I will not be shaken, for he is right beside me.

No wonder my heart is glad, and I rejoice. My body rests in safety. **R/.**

For you will not leave my soul among the dead or allow your holy one to rot in the grave.

You will show me the way of life, granting me the joy of your presence  
and the pleasures of living with you forever. **R/.**

**Glory Be...**

### **Reflection from the Catechism: Who Art in heaven**

The symbol of the heavens refers us back to the mystery of the covenant we are living when we pray to our Father. He is in heaven, his dwelling place; the Father's house is our homeland. Sin has exiled us from the land of the covenant, (cf. Gen. 3) but conversion of heart enables us to return to the Father, to heaven. (Luke 15:18-21) In Christ, then, heaven and earth are reconciled, (Isaiah 45:8) for the Son alone "descended from heaven" and causes us to ascend there with him, by his Cross, Resurrection, and Ascension. (Jn 3:13, Eph. 4:9-10) (CCC,2795)

When the Church prays "our Father who art in heaven," she is professing that we are the People of God, already seated "with him in the heavenly places in Christ Jesus" and "hidden with Christ in God;" (Eph 2:6; Col 3:3) yet at the same time, "here indeed we groan, and long to put on our heavenly dwelling." (2 Cor 5:2)

[Christians] are in the flesh, but do not live according to the flesh. They spend their lives on earth, but are citizens of heaven. (*Ad Diognetum* 5:PG 2,1173) (CCC,2796)

### **Seasonal Prayer: Canticle of the Blood** by *St. Maria de Mattias*

#### **February 4 - Feast of St. Maria de Mattias Foundress of the Adorers of the Blood of Christ**

Come, let us adore Christ, the Son of God, who has redeemed us with his blood.

Clap your hands, all you peoples, sing unto God with a voice of jubilation.

For you, God, glorious and mighty, have shown us mercy.

You have not spared your only Son but delivered him up in our behalf.

That you might redeem us from our sins in Christ's own blood;

That justified in the blood of Jesus you might turn your anger from us;

That we who were separated might be reconciled through the blood of Christ.

O God, my God, what can I render to you for all the good you have bestowed upon me?

I will take the chalice of salvation, and I will call upon the power of Christ's blood.

Sing to Jesus, all you saints, and make known the memory of his holiness.

For Christ indeed has loved us and washed us in his blood and has become our helper and redeemer.

May Christ be blessed forever who has wrought such wonders in us.

Blessed be Jesus for all ages, and may the heavens and the earth be filled with the praises of his love.

Come, let us adore Christ, the Son of God, who has redeemed us with his blood. Amen.

***Silent Reflection***

## **Meditation:** (*Spe Salvi*, The true shape of Christian hope)

Every generation has the task of engaging anew in the arduous search for the right way to order human affairs; this task is never simply completed. Yet every generation must also make its own contribution to establishing convincing structures of freedom and of good, which can help the following generation as a guideline for the proper use of human freedom; hence, always within human limits, they provide a certain guarantee also for the future. In other words: good structures help, but of themselves they are not enough. Man can never be redeemed simply from outside.<sup>25</sup>

It is not science that redeems man: man is redeemed by love. This applies even in terms of this present world. When someone has the experience of a great love in his life, this is a moment of “redemption” which gives a new meaning to his life... The human being needs unconditional love. He needs the certainty which makes him say: “neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord” (*Rom* 8:38- 39). If this absolute love exists, with its absolute certainty, then—only then—is man “redeemed”, whatever should happen to him in his particular circumstances. This is what it means to say: Jesus Christ has “redeemed” us. Through him we have become certain of God, a God who is not a remote “first cause” of the world, because his only-begotten Son has become man and of him everyone can say: “I live by faith in the Son of God, who loved me and gave himself for me” (*Gal* 2:20).<sup>26</sup>

## **Intentions**

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 Intention for parishes:

We pray that parishes, placing communion at the center, may increasingly become communities of faith, fraternity and welcome towards those most in need, we pray to the Lord. **R/.**

We pray for all those who are discerning their vocation in life, particularly those whom the Lord is calling to consecrated life. May they be given the wisdom to hear God's call and the courage to respond generously, 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/.**

\* In memory of Pope Benedict XVI, this year’s **Meditations** will be taken from his encyclical *Spe Salvi – in hope we were saved* - that reminds us of the future awaiting us in Jesus Christ.

“The one who has hope lives differently; the one who hopes has been granted the gift of a new life.” *Spe Salvi*, 2

## **The Blood of Christ is Life for all Our Needs**

Eternal Father, we offer you the Precious Blood of Jesus Christ, poured out on the cross and offered daily on the altar:

- ✦ For the glory of your name, for the coming of your kingdom and for the salvation of all.
- ✦ For the propagation of faith, for Pope Francis, for bishops, priests, and religious and for the sanctification of all the people of God.
- ✦ For the conversion of sinners, for the loving acceptance of your Word, and for the union of all Christians.
- ✦ For civil authorities, for the strengthening of public morals, and for peace and justice among all nations.
- ✦ For the sanctification of our work and suffering, for the poor, sick and afflicted, and for all who rely on our prayers.
- ✦ For our own spiritual and temporal needs, for those of our relatives, benefactors, and also for those of our enemies.
- ✦ For those who are to die this day, for the souls in purgatory, and for our final union with Christ in Glory.

**Our Father...**

*Silent Reflection*

### **Closing Prayer: Precious Blood Prayer**

**All:** 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

Our Lady of the Most Precious Blood, pray for us.  
St. Gaspar, pray for us, St. Maria De Mattias, pray for us,  
St. Francis Xavier, pray for us.