

# MARCH CONTEMPLATION

*Blood of Christ, hope of the penitent, 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:

*(Luke 24:44-49)*

Now He said to them, "These are My words which I spoke to you while I was still with you, that all things which are written about Me in the Law of Moses and the Prophets and the Psalms must be fulfilled." Then He opened their minds to understand the Scriptures, and He said to them, "Thus it is written, that the Christ would suffer and rise again from the dead the third day, and that repentance for forgiveness of sins would be proclaimed in His name to all the nations, beginning from Jerusalem. You are witnesses of these things. And behold, I am sending forth the promise of My Father upon you; but you are to stay in the city until you are clothed with power from on high."

The Gospel of the Lord.

*All: Praise to you, Lord Jesus Christ.*

### Responsorial Psalm

*(Psalm 130:1-2, 3-4, 5-6, 7-8)*

*Response: With the Lord there is mercy and fullness of redemption.*

With the Lord there is mercy and fullness of redemption.

From the depths of despair, O Lord, I call for your help.  
Hear my cry, O Lord. Pay attention to my prayer. *R/.*

Lord, if you kept a record of our sins, who, O Lord, could ever survive?  
But you offer forgiveness, that we might learn to fear you. *R/.*

I am counting on the Lord; yes, I am counting on him.  
I have put my hope in his word.

I long for the Lord more than sentries long for the dawn,  
yes, more than sentries long for the dawn. *R/.*

O Israel, hope in the Lord; for with the Lord there is unfailing love.  
His redemption overflows.

He himself will redeem Israel from every kind of sin. *R/.*

### Glory Be...

*March 2016*

## Reflection

(Catechism, #1456)

Confession to a priest is an essential part of the sacrament of Penance: "All mortal sins of which penitents after a diligent self-examination are conscious must be recounted by them in confession, even if they are most secret and have been committed against the last two precepts of the Decalogue; for these sins sometimes wound the soul more grievously and are more dangerous than those which are committed openly." (Council of Trent, 1551)

When Christ's faithful strive to confess all the sins that they can remember, they undoubtedly place all of them before the divine mercy for pardon.

### 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, O Lord, that my tongue may be merciful, so that I should never speak negatively of my neighbor, but have a word of comfort and forgiveness for all. 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. 15:21-28)

Jesus went away from there, and withdrew into the district of Tyre and Sidon. And a Canaanite woman from that region came out and *began* to cry out, saying, "Have mercy on me, Lord, Son of David; my daughter is cruelly demon-possessed." But He did not answer her a word. And His disciples came and implored Him, saying, "Send her away, because she keeps shouting at us." But He answered and said, "I was sent only to the lost sheep of the house of Israel." But she came and *began* to bow down before Him, saying, "Lord, help me!" And He answered and said, "It is not good to take the children's bread and throw it to the dogs." But she said, "Yes, Lord; but even the dogs feed on the crumbs which fall from their masters' table." Then Jesus said to her, "O woman, your faith is great; it shall be done for you as you wish." And her daughter was healed at once.

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

## Meditation

John Paul II, *Dives in Misericordia*, 7

### THE PASCHAL MYSTERY

#### Mercy Revealed in the Cross and Resurrection

The events of Good Friday and, even before that, in prayer in Gethsemane, introduce a fundamental change into the whole course of the revelation of love and mercy in the messianic mission of Christ. The one who "went about doing good and healing" (*Acts 10:38*) and "curing every sickness and disease" (*Matt. 9:35*) now Himself seems to merit the greatest mercy and to appeal for mercy, when He is arrested, abused, condemned, scourged, crowned with thorns, when He is nailed to the cross and dies amidst agonizing torments. (*John 19:30*) It is then that He particularly deserves mercy from the people to whom He has done good, and He does not receive it. Even those who are closest to Him cannot protect Him and snatch Him from the hands of His oppressors. At this final stage of His messianic activity the words which the prophets, especially Isaiah, uttered concerning the Servant of Yahweh are fulfilled in Christ: "Through his stripes we are healed." (*Is. 53:5*)

## **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 families in need may receive the necessary support and that children may grow up in healthy and peaceful environments, we pray. *R/.*

For the Holy Father's **Intention for Evangelization:** That those Christians who, on account of their faith, are discriminated against or are being persecuted, may remain strong and faithful to the Gospel, thanks to the incessant prayer of the Church, we pray. *R/.*

That our country more fully embrace the culture of life, recognizing in each person the image of God Himself, 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 seek pardon for offenses, knowing that we are loved forever despite our sinfulness, 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**