

## AUGUST CONTEMPLATION

*Deliver us, Lord, we pray, from every evil, graciously grant peace in our days,  
that by the help of your mercy, we may be always free from sin.*

### 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 11:2-6, 10-13)*

Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God. Consider him who endured such opposition from sinful men, so that you will not grow weary and lose heart. In your struggle against sin, you have not yet resisted to the point of shedding your blood. And you have forgotten that word of encouragement that addresses you as sons: "My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son."

Our fathers disciplined us for a little while as they thought best; but God disciplines us for our good, that we may share in his holiness. No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. "Make level paths for your feet," so that the lame may not be disabled, but rather healed.

The Word of the Lord.

**All: Thanks be to God.**

### Responsorial Psalm *(Psalm 17: 1-2, 6, 8, 15)*

**Response: Listen as I pray, O LORD!**

O LORD, hear my plea for justice.

Listen to my cry for help.

Pay attention to my prayer, for it comes from honest lips. **R/.**

Declare me innocent,  
for you see those who do right. *R/.*

I am praying to you because I know you will answer, O God.  
Bend down and listen as I pray. *R/.*

Guard me as you would guard your own eyes.  
Hide me in the shadow of your wings. *R/.*

By the power of your hand, O LORD,  
destroy those who look to this world for their reward. *R/.*

Because I am righteous, I will see you.  
When I awake, I will see you face to face and be satisfied. *R/.*

**Glory be to the Father...**

**Meditation:** *Ecclesia de Eucharistia* - Chapter One, *The Mystery of Faith*, 12

[The] aspect of the universal charity of the Eucharistic Sacrifice is based on the words of the Saviour himself. In instituting it, he did not merely say: "This is my body", "this is my blood", but went on to add: "which is given for you", "which is poured out for you" (*Lk 22:19-20*). Jesus did not simply state that what he was giving them to eat and drink was his body and his blood; he also expressed *its sacrificial meaning* and made sacramentally present his sacrifice which would soon be offered on the Cross for the salvation of all. "The Mass is at the same time, and inseparably, the sacrificial memorial in which the sacrifice of the Cross is perpetuated and the sacred banquet of communion with the Lord's body and blood."<sup>13</sup> The Church constantly draws her life from the redeeming sacrifice; she approaches it not only through faith-filled remembrance, but also through a real contact, since *this sacrifice is made present ever anew*, sacramentally perpetuated, in every community which offers it at the hands of the consecrated minister. The Eucharist thus applies to men and women today the reconciliation won once for all by Christ for mankind in every age.

<sup>13</sup>*Catechism of the Catholic Church*, 1382.

### ***Silent Reflection***

**Reflection** - (*Catechism*, 1442)

Christ has willed that in her prayer and life and action his whole Church should be the sign and instrument of the forgiveness and reconciliation that he acquired for us at the price of his blood. But he entrusted the exercise of the power of absolution to the apostolic ministry which he charged with the "ministry of reconciliation." (*2 Cor 5:18*) The apostle is sent out "on behalf of Christ" with "God making his appeal" through him and pleading: "Be reconciled to God." (*2 Cor 5:20*)

### **Prayer After Mass**

Lord, Father all-powerful and ever-living God, I thank You, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, You have fed me with the Precious Body and Blood of Your Son, our Lord Jesus Christ... May it unite me more closely to you, the One true God, and lead me safely through death to everlasting happiness with You... Grant this through Christ our Lord, Amen.

- St. Thomas Aquinas

## **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 **Universal Intention:** That any far-reaching decisions of economists and politicians may protect the family as one of the treasures of humanity we pray. *R/.*

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

For parents who seek to raise their children in the faith of Jesus Christ, grant that their love may bear fruit, we pray to the Lord. *R/.*

As we work for the betterment of society, may we grow in charity. 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**