

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.*

*Be happy in the Lord, doing very quietly his lovable will and gently submitting yourself to it.
- St. Gaspar #1759*

JANUARY CONTEMPLATION

“See how very much our Father loves us, for he calls us his children, and that is what we are!
But the people who belong to this world don’t recognize that we are God’s children
because they don’t know him.” – *1 John 3:1*

Opening Prayer

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. 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 (*Heb. 11:1-4, 7-8, 13*)

Now faith is being sure of what we hope for and certain of what we do not see. This is what the ancients were commended for. By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible. By faith Abel offered God a better sacrifice than Cain did. By faith he was commended as a righteous man, when God spoke well of his offerings. And by faith he still speaks, even though he is dead. By faith Noah, when warned about things not yet seen, in holy fear built an ark to save his family. By his faith he condemned the world and became heir of the righteousness that comes by faith. By faith Abraham, when called to go to a place he would later receive as his inheritance, obeyed and went, even though he did not know where he was going. All these people were still living by faith when they died. They did not receive the things promised; they only saw them and welcomed them from a distance.

Responsorial Psalm: (*Psalm 33: 6-11*)

Response: The plan of the Lord stand firm forever.

By the word of the Lord the heavens were made, their starry host by the breath of his mouth.
He gathers the waters of the sea into jars; he puts the deep into storehouses. **R/:**
Let all the earth fear the Lord; let all the people of the world revere him.
For he spoke, and it came to be; he commanded, and it stood firm. **R/:**
The Lord foils the plans of the nations; he thwarts the purposes of the peoples.
But the plans of the Lord stand firm forever, the purposes of his heart through all generations. **R/:**

Glory Be...

Reflection from the Catechism: Faith and Understanding

What moves us to believe is not the fact that revealed truths appear as true and intelligible in the light of our natural reason: we believe "because of the authority of God himself who reveals them, who can neither deceive nor be deceived".²⁸ So "that the submission of our faith might nevertheless be in accordance with reason, God willed that external proofs of his Revelation should be joined to the internal helps of the Holy Spirit."²⁹ Thus the miracles of Christ and the saints, prophecies, the Church's growth and holiness, and her fruitfulness and stability "are the most certain signs of divine Revelation, adapted to the intelligence of all"; they are "motives of credibility" (*motiva credibilitatis*), which show that the assent of faith is "by no means a blind impulse of the mind".³⁰ (CCC, 156)

²⁸ Dei Filius: 3 DS 3008 (*Sources of Catholic Dogma* by Denzinger) ²⁹ Dei Filius: 3 DS 3009 ³⁰ Mk 16: 20

Seasonal Prayer

Lord our God, we thank you for the wisdom we gain from your scriptures. Grant us the courage to open our hearts and our minds to neighbors of other Christian confessions and of other faiths; the grace to overcome barriers of indifference, prejudice or hate; and a vision of the last days, when Christians might walk together towards that final feast, when tears and dissension will be overcome through love. Amen.

Silent Reflection

Meditation from the Nicene Creed

"I believe in one God, the Father almighty..."

We start the creed by acknowledging the one God. The rest of the creed tells us the one God exists as a communion of three persons, a community of love. This is the mystery of the Trinity, but we can understand it better by the analogy of God as a family. God the Father is the head of this family. He is almighty, which means even when things seem broken and out of control, God still has all the power and is working all things for our good.

"I believe in one God... maker of heaven and earth, of all things visible and invisible."

God is the creator of all things, the physical universe with all the things we can see and all the things we cannot see, like gravity and dark matter, but he is also the creator of the invisible spiritual beings, the angels. God creates all things *ex nihilo*, out of nothing, from a pure act of creative love and he declares all things good (Gen 1:31).

* The Meditations this year will focus on the **Nicene Creed**. Pope Leo XIV visited Turkey in observance of the 1700th anniversary of the Ecumenical Council of Nicaea which drafted the first Nicene Creed in 325. Today nearly all Christian denominations regard the Nicene Creed as a foundational and authoritative statement of faith. Thus approximately 98.5% of the world's Christians adhere to the Nicene Creed's Trinitarian and Christological doctrines.

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 Prayer with the Word of God

Let us pray that praying with the Word of God be nourishment for our lives and a source of hope in our communities, helping us to build a more fraternal and missionary Church, we pray to the Lord. *R/.*

God of compassion, look with favor upon all who work and pray for the unity of divided Christian communities, 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/.*

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.