

# JULY CONTEMPLATION

## MEEKNESS/HUMILITY

*God chose the sign of blood because no other sign is so eloquent  
to express the supreme love of life given for others.*

Pope Francis to Families of the Most Precious Blood, 30 June 2018

### 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:** (2 Cor 4:1-6)

Therefore, since through God's mercy we have this ministry, we do not lose heart. Rather, we have renounced secret and shameful ways; we do not use deception, nor do we distort the word of God. On the contrary, by setting forth the truth plainly we commend ourselves to every man's conscience in the sight of God. And even if our gospel is veiled, it is veiled to those who are perishing. The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God. For we do not preach ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of the glory of God in the face of Christ.

The Word of the Lord.

**All: Thanks be to God.**

#### **Responsorial Psalm** (Psalm 100: 1-5)

**Response: Shout joyfully to the Lord, all the earth.**

Shout joyfully to the LORD, all the earth.

Serve the LORD with gladness;  
Come before Him with joyful singing. **R/.**

Know that the LORD Himself is God;  
It is He who has made us, and not we ourselves;  
We are His people and the sheep of His pasture. *R/.*

Enter His gates with thanksgiving and His courts with praise.  
Give thanks to Him, bless His name. *R/.*

For the LORD is good;  
His loving kindness is everlasting  
And His faithfulness to all generations. *R/.*

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

**Reflection:**\* *Gaudete et Exsultate*, 116, 118

Inner strength, as the work of grace, prevents us from becoming carried away by the violence that is so much a part of life today, because grace defuses vanity and makes possible meekness of heart.<sup>1</sup>

Humility can only take root in the heart through humiliations. Without them, there is no humility or holiness. If you are unable to suffer and offer up a few humiliations, you are not humble and you are not on the path to holiness. The holiness that God bestows on his Church comes through the humiliation of his Son. He is the way. Humiliation makes you resemble Jesus; it is an unavoidable aspect of the imitation of Christ. For “Christ suffered for you, leaving you an example, so that you might follow in his steps.” (*1 Pet 2:21*)<sup>2</sup>

<sup>1</sup> PERSEVERANCE, PATIENCE AND MEEKNESS, 116.

<sup>2</sup> *Ibid.*, 118.

### *Silent Reflection*

#### **Precious Blood Prayer**

*July is the month dedicated to the Precious Blood*

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

#### **Intentions**

Let us pray together the Daily Offering with the intention of the Holy Father and our personal intentions:

\* This year the *Reflections* will be taken from *Gaudete et Exsultate*, the Apostolic Exhortation by Pope Francis that presents a spirituality of holiness in everyday life clearly based on Catholic Tradition.

“We are all called to be holy by living our lives with love and by bearing witness in everything we do, wherever we find ourselves.” *Gaudete et Exsultate*, 14

**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: That those who administer justice may work with integrity, and that the injustice which prevails in the world may not have the last word, we pray. *R/.*

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

You chose bread and wine as the signs of the Eucharist. May we always hunger and thirst for the food that nourishes us for eternal life, 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/.*

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**

**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**