

**During Adoration, the people may hear readings and sermons, sing songs, offer devotions, or celebrate the Liturgy of the Hours. It is laudable to spend some significant portion of time in silent prayer.**

**The following texts are offered for private meditation or public devotion.**

A reading from the Letter of Saint Paul to the Philippians

More than that, I regard everything as loss  
because of the surpassing value of knowing Christ Jesus my Lord.  
For his sake I have suffered the loss of all things,  
and I regard them as rubbish, in order that  
I may gain Christ and be found in him, not having  
a righteousness of my own that comes from the law,  
but one that comes through faith in Christ,  
the righteousness from God based on faith.  
I want to know Christ and the power of His resurrection  
and the sharing of His sufferings by becoming like him in his death,  
if somehow I may attain the resurrection from the dead.  
Not that I have already obtained this or have already reached the goal;  
but I press on to make it my own, because Christ Jesus has made me his own.  
Beloved, I do not consider that I have made it my own; but this one thing I do:  
forgetting what lies behind and straining forward to what lies ahead,  
I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

The Word of the Lord