

**My Jesus,  
I believe that you are present in this Holy Sacrament of the  
altar.  
I love you above all things and I passionately desire to receive  
you into my soul.  
Since I cannot now receive you sacramentally,  
come spiritually into my soul  
so that I may unite myself wholly to you now and forever.  
Amen.**

*based on a prayer of St Alphonsus Liguori*

At the Saviour's command  
and formed by divine teaching, we dare to say:

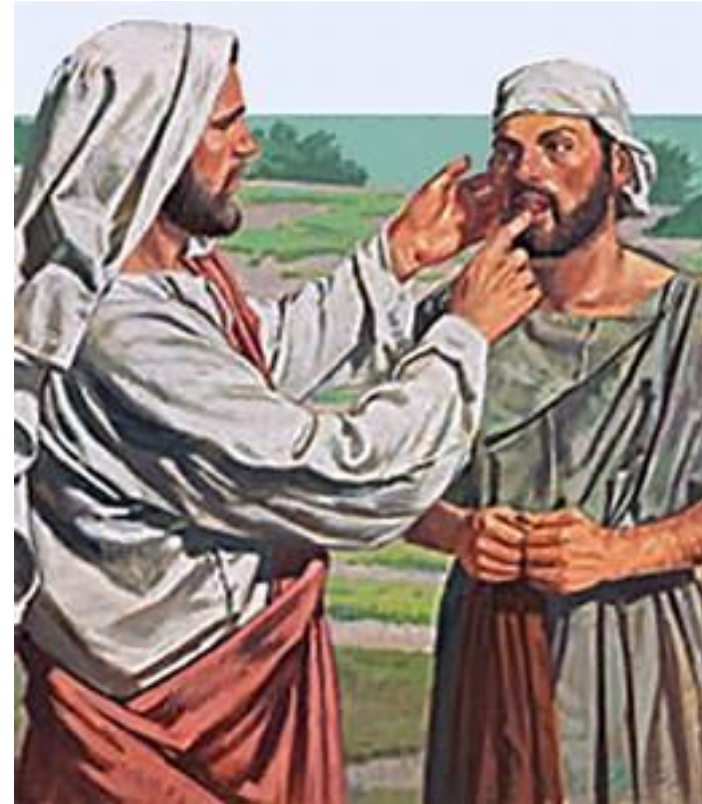
**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**



#### **Concluding Prayer**

Grant that your faithful, O Lord,  
whom you nourish and endow  
with life through the food of your  
Word and heavenly Sacrament,  
may so benefit from your beloved  
Son's great gifts that we may  
merit an eternal share in his life.  
Who lives and reigns for ever and  
ever. Amen.

## **Spiritual Communion 23rd Sunday in Ordinary Time Sunday 5 September 2021**



#### **Open Prayer**

O God, by whom we are redeemed and receive adoption, look graciously upon your beloved sons and daughters, that those who believe in Christ may receive true freedom and an everlasting inheritance. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

### **Isaiah 35:4-7**

Say to all faint hearts, 'Courage! Do not be afraid. Look, your God is coming, vengeance is coming, the retribution of God; he is coming to save you.'

Then the eyes of the blind shall be opened, the ears of the deaf unsealed, then the lame shall leap like a deer and the tongues of the dumb sing for joy;

for water gushes in the desert, streams in the wasteland, the scorched earth becomes a lake, the parched land springs of water.

### **The Word of the Lord**

### **Responsorial Psalm**

**My soul, give praise to the Lord.**

It is the Lord who keeps faith for ever,  
who is just to those who are oppressed.

It is he who gives bread to the hungry,  
the Lord, who sets prisoners free.

It is the Lord who gives sight to the blind,  
who raises up those who are bowed down.

It is the Lord who loves the just,  
the Lord, who protects the stranger.

The Lord upholds the widow and orphan  
but thwarts the path of the wicked.

The Lord will reign for ever,  
Zion's God, from age to age.

### **James 2:1-5**

My brothers, do not try to combine faith in Jesus Christ, our glorified Lord, with the making of distinctions between classes of people. Now suppose a man comes into your synagogue, beautifully dressed and with a gold ring on, and at the same time a poor man comes in, in shabby clothes, and you take notice of the well-dressed man, and say, 'Come this way to the best seats'; then you tell the poor man,

'Stand over there' or 'You can sit on the floor by my foot-rest.' Can't you see that you have used two different standards in your mind, and turned yourselves into judges, and corrupt judges at that?

Listen, my dear brothers: it was those who are poor according to the world that God chose, to be rich in faith and to be the heirs to the kingdom which he promised to those who love him.

### **The Word of the Lord**

### **Gospel Acclamation**

**Alleluia, alleluia!**

**Speak, Lord, your servant is listening:  
you have the message of eternal life.**

**Alleluia!**

### **A reading from the holy Gospel according to Mark**

7:31-37

Returning from the district of Tyre, Jesus went by way of Sidon towards the Sea of Galilee, right through the Decapolis region. And they brought him a deaf man who had an impediment in his speech; and they asked him to lay his hand on him. He took him aside in private, away from the crowd, put his fingers into the man's ears and touched his tongue with spittle. Then looking up to heaven he sighed; and he said to him, 'Ephphatha', that is, 'Be opened.' And his ears were opened, and the ligament of his tongue was loosened and he spoke clearly. And Jesus ordered them to tell no one about it, but the more he insisted, the more widely they published it. Their admiration was unbounded. 'He has done all things well,' they said 'he makes the deaf hear and the dumb speak.'

### **The Gospel of the Lord**

