

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**

May the Sacrament we have received, O Lord our God, heal in us the wounds of that fault from which in a singular way you preserved Blessed Mary in her Immaculate Conception. Through Christ our Lord. Amen.

## **Spiritual Communion Solemnity of The Immaculate Conception of the Blessed Virgin Mary Wednesday 8 December 2021**



### **Opening Prayer**

O God, who by the Immaculate Conception of the Blessed Virgin prepared a worthy dwelling for your Son, grant, we pray, that, as you preserved her from every stain by virtue of the Death of your Son, which you foresaw, so, through her intercession, we, too, may be cleansed and admitted to your presence. 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.

### **Genesis 3:9-15,20**

After Adam had eaten of the tree the Lord God called to him. 'Where are you?' he asked. 'I heard the sound of you in the garden;' he replied 'I was afraid because I was naked, so I hid.' 'Who told you that you were naked?' he asked 'Have you been eating of the tree I

forbade you to eat?' The man replied, 'It was the woman you put with me; she gave me the fruit, and I ate it.' Then the Lord God asked the woman, 'What is this you have done?' The woman replied, 'The serpent tempted me and I ate.'

Then the Lord God said to the serpent, 'Because you have done this, 'Be accursed beyond all cattle, all wild beasts. You shall crawl on your belly and eat dust every day of your life. I will make you enemies of each other: you and the woman, your offspring and her offspring. It will crush your head and you will strike its heel.' The man named his wife 'Eve' because she was the mother of all those who live.

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

#### **Responsorial Psalm - Psalm 97(98):1-4**

**Sing a new song to the Lord for he has worked wonders.**

Sing a new song to the Lord  
for he has worked wonders.  
His right hand and his holy arm  
have brought salvation.

The Lord has made known his salvation;  
has shown his justice to the nations.  
He has remembered his truth and love  
for the house of Israel.

All the ends of the earth have seen  
the salvation of our God.  
Shout to the Lord, all the earth,  
ring out your joy.

#### **Ephesians 1:3-6,11-12**

Blessed be God the Father of our Lord Jesus Christ, who has blessed us with all the spiritual blessings of heaven in Christ. Before the world was made, he chose us, chose us in Christ, to be holy and spotless, and to live through love in his presence, determining that we should become his adopted sons, through Jesus Christ for his own kind

purposes, to make us praise the glory of his grace, his free gift to us in the Beloved, And it is in him that we were claimed as God's own, chosen from the beginning, under the predetermined plan of the one who guides all things as he decides by his own will; chosen to be, for his greater glory, the people who would put their hopes in Christ before he came.

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

#### **Gospel Acclamation**

**Alleluia, alleluia!**

**Hail Mary, full of grace, the Lord is with thee!**

**Blessed art thou among women.**

**Alleluia!**

#### **A reading from the holy Gospel according to Luke 1:26-38**

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the House of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you.' She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her, 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a virgin?' 'The Holy Spirit will come upon you' the angel answered 'and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, herself conceived a son, and she whom people called barren is now in her sixth month, for nothing is impossible to God.' 'I am the handmaid of the Lord,' said Mary 'let what you have said be done to me.' And the angel left her.

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