

Spiritual Communion 4th Sunday in Ordinary Time Sunday 30 January 2022

**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

Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord. Amen.



Opening Prayer

Grant us, Lord our God, that we may honour you with all our mind, and love everyone in truth of heart. 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.

Jeremiah 1:4-5,17-19

In the days of Josiah, the word of the Lord was addressed to me, saying: 'Before I formed you in the womb I knew you; before you came to birth I consecrated you; I have appointed you as prophet to the nations. 'So now brace yourself for action. Stand up and tell them all I command you. Do not be dismayed at their presence, or in their presence I will make you dismayed.

'I, for my part, today will make you into a fortified city, a pillar of iron, and a wall of bronze to confront all this land: the kings of Judah, its princes, its priests and the country people. They will fight against you but shall not overcome you, for I am with you to deliver you – it is the Lord who speaks.'

The Word of the Lord



Responsorial Psalm

My lips will tell of your help.

In you, O Lord, I take refuge;
let me never be put to shame.
In your justice rescue me, free me:
pay heed to me and save me.

Be a rock where I can take refuge,
a mighty stronghold to save me;
for you are my rock, my stronghold.
Free me from the hand of the wicked.

It is you, O Lord, who are my hope,
my trust, O Lord, since my youth.
On you I have leaned from my birth,
from my mother's womb you have been my help.

My lips will tell of your justice
and day by day of your help.
O God, you have taught me from my youth
and I proclaim your wonders still.

1 Corinthians 12:31-13:13

Be ambitious for the higher gifts. And I am going to show you a way that is better than any of them.

If I have all the eloquence of men or of angels, but speak without love, I am simply a gong booming or a cymbal clashing. If I have the gift of prophecy, understanding all the mysteries there are, and knowing everything, and if I have faith in all its fullness, to move mountains, but without love, then I am nothing at all. If I give away all that I possess, piece by piece, and if I even let them take my body to burn it, but am without love, it will do me no good whatever.

Love is always patient and kind; it is never jealous; love is never boastful or conceited; it is never rude or selfish; it does not take offence, and is not resentful. Love takes no pleasure in other people's sins but delights in the truth; it is always ready to excuse, to trust, to hope, and to endure whatever comes.

Love does not come to an end. But if there are gifts of prophecy, the time will come when they must fail; or the gift of languages, it will not continue

for ever; and knowledge – for this, too, the time will come when it must fail. For our knowledge is imperfect and our prophesying is imperfect; but once perfection comes, all imperfect things will disappear. When I was a child, I used to talk like a child, and think like a child, and argue like a child, but now I am a man, all childish ways are put behind me. Now we are seeing a dim reflection in a mirror; but then we shall be seeing face to face. The knowledge that I have now is imperfect; but then I shall know as fully as I am known.

In short, there are three things that last: faith, hope and love; and the greatest of these is love.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**I am the Way, the Truth and the Life, says the Lord;
No one can come to the Father except through me.
Alleluia!**

A reading from the holy Gospel Luke 4:21-30

Jesus began to speak in the synagogue: 'This text is being fulfilled today even as you listen.' And he won the approval of all, and they were astonished by the gracious words that came from his lips. They said, 'This is Joseph's son, surely?'

But he replied, 'No doubt you will quote me the saying, "Physician, heal yourself" and tell me, "We have heard all that happened in Capernaum, do the same here in your own countryside."'

And he went on, 'I tell you solemnly, no prophet is ever accepted in his own country.'

'There were many widows in Israel, I can assure you, in Elijah's day, when heaven remained shut for three years and six months and a great famine raged throughout the land, but Elijah was not sent to any one of these: he was sent to a widow at Zarephath, a Sidonian town. And in the prophet Elisha's time there were many lepers in Israel, but none of these was cured, except the Syrian, Naaman.'

When they heard this everyone in the synagogue was enraged. They sprang to their feet and hustled him out of the town; and they took him up to the brow of the hill their town was built on, intending to throw him down the cliff, but he slipped through the crowd and walked away.

The Gospel of the Lord

