

Spiritual Communion - 2nd Sunday of Lent Sunday 13 March 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

As we receive these glorious mysteries, we make thanksgiving to you, O Lord, for allowing us while still on earth to be partakers even now of the things of heaven. Through Christ our Lord. Amen.

Prayer over the People

Bless your faithful, we pray, O Lord, with a blessing that endures for ever, and keep them faithful to the Gospel of your Only Begotten Son, so that they may always desire and at last attain that glory whose beauty he showed in his own Body, to the amazement of his Apostles. Through Christ our Lord. Amen.

Opening Prayer



O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. 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 15:5-12,17-18

Taking Abram outside, the Lord said, 'Look up to heaven and count the stars if you can.' 'Such will be your descendants,' he told him. Abram put his faith in the Lord, who counted this as making him justified. 'I am the Lord' he said to him 'who brought you out of Ur of the Chaldaeans to make you heir to this land.' 'My Lord,' Abram replied 'how am I to know that I shall inherit it?' He said to him, 'Get me a three-year-old heifer, a three-year-old goat, a three-year-old ram, a turtledove and a young pigeon.' He brought him all these, cut them in half and put half on one side and half facing it on the other; but the birds he did not cut in half. Birds of prey came down on the carcasses but Abram drove them off.

Now as the sun was setting Abram fell into a deep sleep, and terror seized him. When the sun had set and darkness had fallen, there appeared a smoking furnace and a firebrand that went between the halves. That day the Lord made a Covenant with Abram in these terms:

'To your descendants I give this land,
from the wadi of Egypt to the Great River.'

The Word of the Lord

Responsorial Psalm

The Lord is my light and my help.

The Lord is my light and my help;
whom shall I fear?

The Lord is the stronghold of my life;
before whom shall I shrink?

O Lord, hear my voice when I call;
have mercy and answer.

Of you my heart has spoken:
'Seek his face.'

It is your face, O Lord, that I seek;
hide not your face.

Dismiss not your servant in anger;
you have been my help.

I am sure I shall see the Lord's goodness
in the land of the living.

Hope in him, hold firm and take heart.

Hope in the Lord!



The Word of the Lord

Philippians 3:20a-4:1

For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, my brothers and dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

Gospel Acclamation

Glory and praise to you, O Christ!

From the bright cloud the Father's voice was heard:

'This is my Son, the Beloved. Listen to him.'

Glory and praise to you, O Christ!

A reading from the holy Gospel according to Luke 9:28-36

Jesus took with him Peter and John and James and went up the mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightning. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem. Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus, 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' – He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

The Gospel of the Lord

