

# Spiritual Communion

## 3rd Sunday of Advent

### Sunday 13 December 2020

**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**

We implore your mercy, Lord, that this divine sustenance may cleanse us of our faults and prepare us for the coming feasts. Through Christ our Lord. Amen.

#### **Opening Prayer**

O God, who see how your people faithfully await the feast of the Lord's Nativity, enable us, we pray, to attain the joys of so great a salvation and to celebrate them always with solemn worship and glad rejoicing. 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.

## A reading from the prophet Isaiah

61:1-2,10-11

The spirit of the Lord has been given to me,  
for the Lord has anointed me.  
He has sent me to bring good news to the poor,  
to bind up hearts that are broken;  
to proclaim liberty to captives,  
freedom to those in prison;  
to proclaim a year of favour from the Lord.  
'I exult for joy in the Lord,  
my soul rejoices in my God,  
for he has clothed me in the garments of salvation,  
he has wrapped me in the cloak of integrity,  
like a bridegroom wearing his wreath,  
like a bride adorned in her jewels.  
'For as the earth makes fresh things grow,  
as a garden makes seeds spring up,  
so will the Lord make both integrity and praise  
spring up in the sight of the nations.'

### The Word of the Lord

## A reading from the first letter of St Paul to the Thessalonians

5:16-24

Be happy at all times; pray constantly; and for all things give thanks to God, because this is what God expects you to do in Christ Jesus. Never try to suppress the Spirit or treat the gift of prophecy with contempt; think before you do anything – hold on to what is good and avoid every form of evil.  
May the God of peace make you perfect and holy; and may you all be kept safe and blameless, spirit, soul and body, for the coming of our Lord Jesus Christ. God has called you and he will not fail you.

### The Word of the Lord

## Gospel Acclamation

**Alleluia, alleluia!**

**The spirit of the Lord has been given to me.**

**He has sent me to bring the good news to the poor.**

**Alleluia!**

## A reading from the holy Gospel according to John

1:6-8,19-28

A man came, sent by God. His name was John. He came as a witness, as a witness to speak for the light, so that everyone might believe through him. He was not the light, only a witness to speak for the light.

This is how John appeared as a witness. When the Jews sent priests and Levites from Jerusalem to ask him, 'Who are you?' he not only declared, but he declared quite openly, 'I am not the Christ.' 'Well then,' they asked 'are you Elijah?' 'I am not' he said. 'Are you the Prophet?' He answered, 'No.' So they said to him, 'Who are you? We must take back an answer to those who sent us. What have you to say about yourself?' So John said, 'I am, as Isaiah prophesied:

a voice that cries in the wilderness:

Make a straight way for the Lord.'

Now these men had been sent by the Pharisees, and they put this further question to him, 'Why are you baptising if you are not the Christ, and not Elijah, and not the prophet?' John replied, 'I baptise with water; but there stands among you – unknown to you – the one who is coming after me; and I am not fit to undo his sandal-strap.' This happened at Bethany, on the far side of the Jordan, where John was baptising.

## The Gospel of the Lord

