

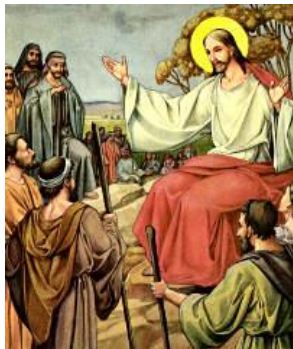
## Spiritual Communion - 6th Sunday in Ordinary Time Sunday 12 February 2023

**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**

Having fed upon these heavenly delights,  
we pray, O Lord, so that we may always  
long for that food by which we truly live.  
Through Christ our Lord. Amen.



### **Opening Prayer**

O God, who teach us that you abide in hearts that are just and true,  
grant that we may be so fashioned by your grace as to become a  
dwelling pleasing to you. 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.

### **Ecclesiasticus 15:16-21**

If you wish, you can keep the commandments, to behave faithfully is  
within your power. He has set fire and water before you; put out your  
hand to whichever you prefer. Man has life and death before him;  
whichever a man likes better will be given him. For vast is the wisdom  
of the Lord; he is almighty and all-seeing. His eyes are on those who  
fear him, he notes every action of man. He never commanded  
anyone to be godless, he has given no one permission to sin.

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

## Responsorial Psalm

**They are happy who follow God's law!**

They are happy whose life is blameless,  
who follow God's law!

They are happy who do his will,  
seeking him with all their hearts.

You have laid down your precepts  
to be obeyed with care.  
May my footsteps be firm  
to obey your statutes.

Bless your servant and I shall live  
and obey your word.  
Open my eyes that I may see  
the wonders of your law.

Teach me the demands of your statutes  
and I will keep them to the end.  
Train me to observe your law,  
to keep it with my heart.

## 1 Corinthians 2:6-10

We have a wisdom to offer those who have reached maturity: not a philosophy of our age, it is true, still less of the masters of our age, which are coming to their end. The hidden wisdom of God which we teach in our mysteries is the wisdom that God predestined to be for our glory before the ages began. It is a wisdom that none of the masters of this age have ever known, or they would not have crucified the Lord of Glory; we teach what scripture calls: the things that no eye has seen and no ear has heard, things beyond the mind of man, all that God has prepared for those who love him.

These are the very things that God has revealed to us through the Spirit, for the Spirit reaches the depths of everything, even the depths of God.

## 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 Matthew 5:20-22,27-28,33-34,37

Jesus said to his disciples: 'I tell you, if your virtue goes no deeper than that of the scribes and Pharisees, you will never get into the kingdom of heaven.

'You have learnt how it was said to our ancestors: You must not kill; and if anyone does kill he must answer for it before the court. But I say this to you: anyone who is angry with his brother will answer for it before the court.

'You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart.

'Again, you have learnt how it was said to our ancestors: You must not break your oath, but must fulfil your oaths to the Lord. But I say this to you: do not swear at all. All you need say is "Yes" if you mean yes, "No" if you mean no; anything more than this comes from the evil one.'

## The Gospel of the Lord

