

**Spiritual Communion - 2nd Sunday of Lent  
Sunday 5 March 2023**

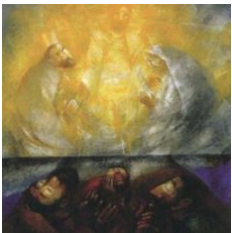
**My Jesus,  
I believe that you are present in this Holy Sacrament of the  
altar.  
I love you above all things and I passionately desire to receive  
you into my soul.  
Since I cannot now receive you sacramentally,  
come spiritually into my soul  
so that I may unite myself wholly to you now and 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.**

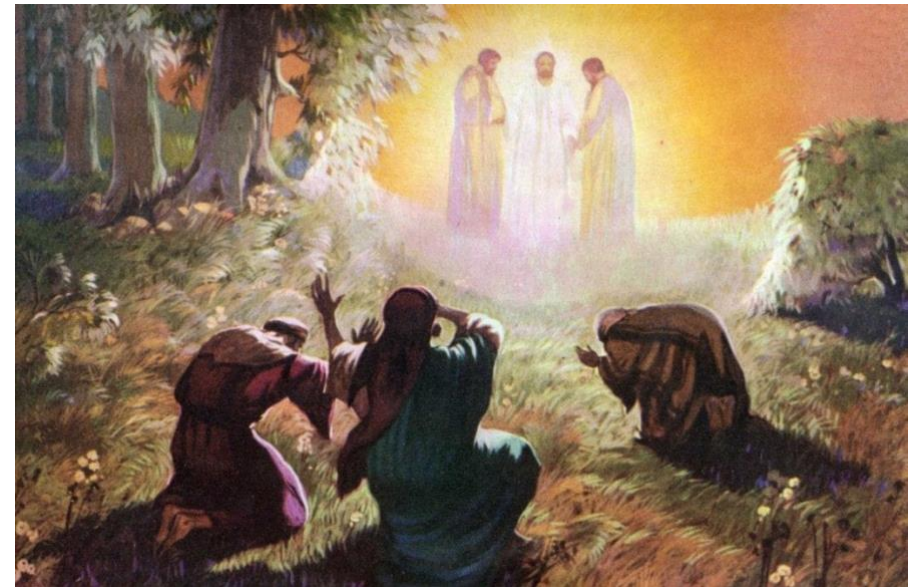
**Concluding Prayer**



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 12:1-4**

The Lord said to Abram, 'Leave your country, your family and your father's house, for the land I will show you. I will make you a great nation; I will bless you and make your name so famous that it will be used as a blessing.

'I will bless those who bless you:  
I will curse those who slight you.  
All the tribes of the earth  
shall bless themselves by you.'

So Abram went as the Lord told him.

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

### **Responsorial Psalm**

**May your love be upon us, O Lord,  
as we place all our hope in you.**

The word of the Lord is faithful  
and all his works to be trusted.  
The Lord loves justice and right  
and fills the earth with his love.

The Lord looks on those who revere him,  
on those who hope in his love,  
to rescue their souls from death,  
to keep them alive in famine.

Our soul is waiting for the Lord.  
The Lord is our help and our shield.  
May your love be upon us, O Lord,  
as we place all our hope in you.

### **2 Timothy 1:8-10**

With me, bear the hardships for the sake of the Good News, relying on the power of God who has saved us and called us to be holy – not because of anything we ourselves have done but for his own purpose and by his own grace. This grace had already been granted

to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

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

### **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 Matthew 17:1-9**



Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when

suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order, 'Tell no one about the vision until the Son of Man has risen from the dead.'

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