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 Liquori

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 the pledge of things yet hidden in heaven and are nourished while still on earth with the Bread that comes from on high, we humbly entreat you, O

Lord, that what is being brought about in us in mystery may come to true completion. Through Christ our Lord. Amen.

## **Prayer over the People**

Direct, O Lord, we pray, the hearts of your faithful, and in your kindness grant your servants this grace: that, abiding in the love of you and their neighbour, they may fulfil the whole of your commands. Through Christ our Lord. Amen.

# Spiritual Communion 3rd Sunday of Lent Sunday 7 March 2021



### **Opening Prayer**

O God, author of every mercy and of all goodness, who in fasting, prayer and almsgiving have shown us a remedy for sin, look graciously on this confession of our lowliness, that we, who are bowed down by our conscience, may always be lifted up by your mercy. 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.

#### Exodus 20:1-17

God spoke all these words. He said, 'I am the Lord your God who brought you out of the land of Egypt, out of the house of slavery. 'You shall have no gods except me.

'You shall not make yourself a carved image or any likeness of anything in heaven or on earth beneath or in the waters under the earth; you shall not bow down to them or serve them. For I, the Lord your God, am a jealous God and I punish the father's fault in the sons, the grandsons, and the great-grandsons of those who hate me; but I show kindness to thousands of those who love me and keep my commandments.

'You shall not utter the name of the Lord your God to misuse it, for the Lord will not leave unpunished the man who utters his name to misuse it.

'Remember the sabbath day and keep it holy. For six days you shall labour and do all your work, but the seventh day is a sabbath for the Lord your God. You shall do no work that day, neither you nor your son nor your daughter nor your servants, men or women, nor your animals nor the stranger who lives with you. For in six days the Lord made the heavens and the earth and the sea and all that these hold, but on the seventh day he rested; that is why the Lord has blessed the sabbath day and made it sacred.

'Honour your father and your mother so that you may have a long life in the land that the Lord your God has given to you. 'You shall not kill. 'You shall not commit adultery. 'You shall not steal. 'You shall not bear false witness against your neighbour. 'You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his servant, man or woman, or his ox, or his donkey, or anything that is his '

#### The Word of the Lord

#### 1 Corinthians 1:22-25

While the Jews demand miracles and the Greeks look for wisdom, here are we preaching a crucified Christ; to the Jews an obstacle that they cannot get over, to the pagans madness, but to those who have been called, whether they are Jews or Greeks, a Christ who is the

power and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

# The Word of the Lord Gospel Acclamation

Praise to you, O Christ, king of eternal glory! I am the resurrection and the life, says the Lord; whoever believes in me will never die. Praise to you, O Christ, king of eternal glory!

#### A reading from the holy Gospel according to John 2:13-25



Just before the Jewish Passover Jesus went up to Jerusalem, and in the Temple he found people selling cattle and sheep and pigeons, and the money-changers sitting at their counters there. Making a whip out of some cord, he drove them all out of the Temple, cattle and sheep as well, scattered the money-changers' coins, knocked their tables over and said to the pigeon-sellers, 'Take all this out of here and stop turning my Father's house into a market.' Then his disciples

remembered the words of scripture: Zeal for your house will devour me. The Jews intervened and said, 'What sign can you show us to justify what you have done?' Jesus answered, 'Destroy this sanctuary, and in three days I will raise it up.' The Jews replied, 'It has taken forty-six years to build this sanctuary: are you going to raise it up in three days?' But he was speaking of the sanctuary that was his body, and when Jesus rose from the dead, his disciples remembered that he had said this, and they believed the scripture and the words he had said.

During his stay in Jerusalem for the Passover many believed in his name when they saw the signs that he gave, but Jesus knew them all and did not trust himself to them; he never needed evidence about any man; he could tell what a man had in him.

#### The Gospel of the Lord