

**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 pray, almighty God, that we may always be counted among the members of Christ, in whose Body and Blood we have communion. Who lives and reigns for ever and ever. Amen.

### **Prayer over the People**

Bless, O Lord, your people, who long for the gift of your mercy, and grant that what, at your prompting, they desire they may receive by your generous gift. Through Christ our Lord. Amen.

## **Spiritual Communion 5th Sunday of Lent Sunday 21 March 2021**



### **Opening Prayer**

By your help, we beseech you, Lord our God, may we walk eagerly in that same charity with which, out of love for the world, your Son handed himself over to death. 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.

### **Jeremiah 31:31-34**

See, the days are coming – it is the Lord who speaks – when I will make a new covenant with the House of Israel (and the House of Judah), but not a covenant like the one I made with their ancestors on the day I took them by the hand to bring them out of the land of Egypt. They broke that covenant of mine, so I had to show them who was master. It is the Lord who speaks. No, this is the covenant I will make with the House of Israel when those days arrive – it is the Lord who speaks. Deep within them I will plant my Law, writing it on their hearts. Then I will be their God and they shall be my people. There will be no further need for neighbour to try to teach neighbour, or brother to say to brother, ‘Learn to know the Lord!’ No, they will all know me, the least no less than the greatest – it is the Lord who speaks – since I will forgive their iniquity and never call their sin to mind.

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

### **Hebrews 5:7-9**

During his life on earth, Christ offered up prayer and entreaty, aloud and in silent tears, to the one who had the power to save him out of death, and he submitted so humbly that his prayer was heard. Although he was Son, he learnt to obey through suffering; but having been made perfect, he became for all who obey him the source of eternal salvation.

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

### **Gospel Acclamation**

**Glory to you, O Christ, you are the Word of God!  
Whoever serves me must follow me, says the Lord;  
and where I am, there also will my servant be.  
Glory to you, O Christ, you are the Word of God!**

### **A reading from the holy Gospel according to John 12:20-33**

Among those who went up to worship at the festival were some Greeks. These approached Philip, who came from Bethsaida in Galilee, and put this request to him, ‘Sir, we should like to see Jesus.’

Philip went to tell Andrew, and Andrew and Philip together went to tell Jesus. Jesus replied to them:

‘Now the hour has come for the Son of Man to be glorified.

I tell you, most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain;

but if it dies, it yields a rich harvest.

Anyone who loves his life loses it; anyone who hates his life in this world will keep it for the eternal life.

If a man serves me, he must follow me, wherever I am, my servant will be there too.

If anyone serves me, my Father will honour him.

Now my soul is troubled.

What shall I say:

Father, save me from this hour?

But it was for this very reason that I have come to this hour.

Father, glorify your name!’

A voice came from heaven, ‘I have glorified it, and I will glorify it again.’ People standing by, who heard this, said it was a clap of thunder; others said, ‘It was an angel speaking to him.’ Jesus answered, ‘It was not for my sake that this voice came, but for yours.

‘Now sentence is being passed on this world;

now the prince of this world is to be overthrown.

And when I am lifted up from the earth,

I shall draw all men to myself.’

By these words he indicated the kind of death he would die.

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

