

**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

Renewed by this bread from the heavenly table, we beseech you,  
Lord, that, being the food of charity, it may confirm our hearts and stir  
us to serve you in our neighbour. Through Christ our Lord. Amen.

**Spiritual Communion  
22nd Sunday in Ordinary Time  
Sunday 30 August 2020**



**Opening Prayer**

God of might, giver of every good gift, put into our hearts the love of your name, so that, by deepening our sense of reverence, you may nurture in us what is good and, by your watchful care, keep safe what you have nurtured. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. Amen.

## A reading from the Prophet Jeremiah

20:7-9 .

You have seduced me, Lord, and I have let myself be seduced;  
you have overpowered me: you were the stronger.  
I am a daily laughing-stock,  
everybody's butt.  
Each time I speak the word, I have to howl  
and proclaim: 'Violence and ruin!'  
The word of the Lord has meant for me  
insult, derision, all day long.  
I used to say, 'I will not think about him,  
I will not speak in his name any more.'  
Then there seemed to be a fire burning in my heart,  
imprisoned in my bones.  
The effort to restrain it wearied me,  
I could not bear it.

### The Word of the Lord

## A reading from St Paul's letter to the Romans

12:1-2 .

Think of God's mercy, my brothers, and worship him, I beg you, in a way that is worthy of thinking beings, by offering your living bodies as a holy sacrifice, truly pleasing to God. Do not model yourselves on the behaviour of the world around you, but let your behaviour change, modelled by your new mind. This is the only way to discover the will of God and know what is good, what it is that God wants, what is the perfect thing to do.

### The Word of the Lord

## Gospel Acclamation

**Alleluia, alleluia!**

**May the Father of our Lord Jesus Christ**

**enlighten the eyes of our mind,**

**so that we can see what hope his call holds for us.**

**Alleluia!**



## A reading from the holy Gospel according to Matthew

16:21-27

Jesus began to make it clear to his disciples that he was destined to go to Jerusalem and suffer grievously at the hands of the elders and chief priests and scribes, to be put to death and to be raised up on the third day. Then, taking him aside, Peter started to remonstrate with him. 'Heaven preserve you, Lord;' he said 'this must not happen to you.' But he turned and said to Peter, 'Get behind me, Satan! You are an obstacle in my path, because the way you think is not God's way but man's.'

Then Jesus said to his disciples, 'If anyone wants to be a follower of mine, let him renounce himself and take up his cross and follow me. For anyone who wants to save his life will lose it; but anyone who loses his life for my sake will find it. What, then, will a man gain if he wins the whole world and ruins his life? Or what has a man to offer in exchange for his life?

'For the Son of Man is going to come in the glory of his Father with his angels, and, when he does, he will reward each one according to his behaviour.'

### The Gospel of the Lord