

Spiritual Communion
Solemnity of The Most Sacred Heart of Jesus
Friday 24 June 2022

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

May this sacrament of charity, O Lord, make us fervent with the fire of holy love, so that, drawn always to your Son, we may learn to see him in our neighbour. Through Christ our Lord. Amen.



Opening Prayer

Grant, we pray, almighty God, that we, who glory in the Heart of your beloved Son and recall the wonders of his love for us, may be made worthy to receive an overflowing measure of grace from that fount of heavenly gifts. 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.

Ezekiel 34:11-16

The Lord God says this: I am going to look after my flock myself and keep all of it in view. As a shepherd keeps all his flock in view when he stands up in the middle of his scattered sheep, so shall I keep my sheep in view. I shall rescue them from wherever they have been scattered during the mist and darkness. I shall bring them out of the countries where they are; I shall gather them together from foreign countries and bring them back to their own land. I shall pasture them on the mountains of Israel, in the ravines and in every inhabited place in the land. I shall feed them in good pasturage; the high mountains of Israel will be their grazing ground. There they will rest in good grazing ground; they will browse in rich pastures on the mountains of Israel. I myself will pasture my sheep, I myself will show them where to rest – it is the Lord who speaks. I shall look for the lost one, bring back the stray, bandage the wounded and make the weak strong. I shall watch over the fat and healthy. I shall be a true shepherd to them.

The Word of the Lord

Responsorial Psalm

The Lord is my shepherd: there is nothing I shall want.

The Lord is my shepherd;
there is nothing I shall want.
Fresh and green are the pastures
where he gives me repose.
Near restful waters he leads me,
to revive my drooping spirit.



He guides me along the right path;
he is true to his name.
If I should walk in the valley of darkness
no evil would I fear.
You are there with your crook and your staff;
with these you give me comfort.

You have prepared a banquet for me
in the sight of my foes.
My head you have anointed with oil;
my cup is overflowing.

Surely goodness and kindness shall follow me
all the days of my life.
In the Lord's own house shall I dwell
for ever and ever.

Romans 5:5-11

The love of God has been poured into our hearts by the Holy Spirit which has been given us. We were still helpless when at his appointed moment Christ died for sinful men. It is not easy to die even for a good man – though of course for someone really worthy, a man might be prepared to die – but what proves that God loves us is that Christ died for us while we were still sinners. Having died to

make us righteous, is it likely that he would now fail to save us from God's anger? When we were reconciled to God by the death of his Son, we were still enemies; now that we have been reconciled, surely we may count on being saved by the life of his Son? Not merely because we have been reconciled but because we are filled with joyful trust in God, through our Lord Jesus Christ, through whom we have already gained our reconciliation.

The Word of the Lord

Gospel Acclamation

Alleluia, alleluia!

**Shoulder my yoke and learn from me,
for I am gentle and humble in heart.**

Alleluia!

A reading from the holy Gospel according to Luke 15:3-7

Jesus spoke this parable to the scribes and Pharisees:

'What man among you with a hundred sheep, losing one, would not leave the ninety-nine in the wilderness and go after the missing one till he found it? And when he found it, would he not joyfully take it on his shoulders and then, when he got home, call together his friends and neighbours? "Rejoice with me," he would say "I have found my sheep that was lost." In the same way, I tell you, there will be more rejoicing in heaven over one repentant sinner than over ninety-nine virtuous men who have no need of repentance.'

The Gospel of the Lord



