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

May these mysteries, O Lord, in which we have participated profit us, we pray, for even now, as we walk amid passing things, you teach us by them to love the things of heaven and hold fast to what endures. Through Christ our Lord. Amen.

Spiritual Communion – 1st Sunday of Advent Sunday 27 November 2022



Opening Prayer

Grant your faithful, we pray, almighty God, the resolve to run forth to meet your Christ with righteous deeds at his coming, so that, gathered at his right hand, they may be worthy to possess the heavenly kingdom. 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

Isaiah 2:1-5

The vision of Isaiah son of Amoz, concerning Judah and Jerusalem. In the days to come the mountain of the Temple of the Lord shall tower above the mountains and be lifted higher than the hills. All the nations will stream to it, peoples without number will come to it; and they will say:

'Come, let us go up to the mountain of the Lord, to the Temple of the God of Jacob that he may teach us his ways so that we may walk in his paths; since the Law will go out from Zion, and the oracle of the Lord from Jerusalem.'

He will wield authority over the nations and adjudicate between many peoples; these will hammer their swords into ploughshares, their spears into sickles. Nation will not lift sword against nation, there will be no more training for war.

O House of Jacob, come, let us walk in the light of the Lord.

The Word of the Lord

Responsorial Psalm I rejoiced when I heard them say: 'Let us go to God's house.'

I rejoiced when I heard them say: 'Let us go to God's house.' And now our feet are standing within your gates, O Jerusalem.

It is there that the tribes go up, the tribes of the Lord.
For Israel's law it is, there to praise the Lord's name.
There were set the thrones of judgement of the house of David.

For the peace of Jerusalem pray: 'Peace be to your homes! May peace reign in your walls, in your palaces, peace!'



For love of my brethren and friends I say: 'Peace upon you!'
For love of the house of the Lord I will ask for your good.

Romans 13:11-14

You know 'the time' has come: you must wake up now: our salvation is even nearer than it was when we were converted. The night is almost over, it will be daylight soon – let us give up all the things we prefer to do under cover of the dark; let us arm ourselves and appear in the light. Let us live decently as people do in the daytime: no drunken orgies, no promiscuity or licentiousness, and no wrangling or jealousy. Let your armour be the Lord Jesus Christ.

The Word of the Lord

Gospel Acclamation
Alleluia, alleluia!
Let us see, O Lord, your mercy
and give us your saving help.
Alleluia!

A reading from the holy Gospel according to Matthew 24:37-44

Jesus said to his disciples: 'As it was in Noah's day, so will it be when the Son of Man comes. For in those days before the Flood people were eating, drinking, taking wives, taking husbands, right up to the day Noah went into the ark, and they suspected nothing till the Flood came and swept all away. It will be like this when the Son of Man comes. Then of two men in the fields one is taken, one left; of two women at the millstone grinding, one is taken, one left.

'So stay awake, because you do not know the day when your master is coming. You may be quite sure of this, that if the householder had known at what time of the night the burglar would come, he would have stayed awake and would not have allowed anyone to break through the wall of his house. Therefore, you too must stand ready because the Son of Man is coming at an hour you do not expect.'

The Gospel of the Lord