



A Visit to the Blessed Sacrament



Fourteenth Sunday in Ordinary Time
Reflection Resource



Stillness: As we approach the Lord in the Tabernacle we make the Sign of the Cross.

Preparation: we open our hearts to the Lord and make a prayer of preparation.

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever. Amen.

Invocation: Make an Act of Spiritual Communion.

My Jesus, I believe that you are present in the Most Holy Sacrament of the Altar. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

Read: Meditate on the Gospel of Matthew 11:25-30

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

Intercession: We place before the Lord the desires of our hearts. Pray for the Holy Father, for Bishop Mark and the clergy of our diocese, for vocations to the priesthood, for those who are sick, for your own personal needs, and for those who have died.

Thanksgiving: In thanksgiving we pray the Divine Praises.

Blessed be God

Blessed be his holy name

Blessed be Jesus Christ, true God and true man

Blessed be the name of Jesus

Blessed by his most Sacred Heart

Blessed be his most Precious Blood

Blessed be Jesus in the most holy Sacrament of the altar

Blessed be the Holy Spirit, the Paraclete

Blessed be the great Mother of God, Mary most holy

Blessed be her holy and immaculate conception

Blessed be her glorious assumption

Blessed be the name of Mary, virgin and mother

Blessed be Saint Joseph, her spouse most chaste

Blessed be God in his angels and in his saints