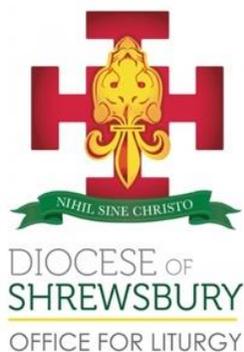


# A Visit to the Blessed Sacrament



Twenty First Sunday in Ordinary Time  
Reflection Resource



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**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 16:13-20

When Jesus came to the region of Caesarea Philippi he put this question to his disciples, 'Who do people say the Son of Man is?' And they said, 'Some say he is John the Baptist, some Elijah, and others Jeremiah or one of the prophets.' 'But you,' he said 'who do you say I am?' Then Simon Peter spoke up, 'You are the Christ,' he said, 'the Son of the living God.' Jesus replied, 'Simon son of Jonah, you are a happy man! Because it was not flesh and blood that revealed this

to you but my Father in heaven. So I now say to you: You are Peter and on this rock I will build my Church. And the gates of the underworld can never hold out against it. I will give you the keys of the kingdom of heaven: whatever you bind on earth shall be considered bound in heaven; whatever you loose on earth shall be considered loosed in heaven.' Then he gave the disciples strict orders not to tell anyone that he was the Christ.

**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