

*In these days when we cannot gather together for Mass, we can continue to be together through prayer. If you are able to watch a Mass being broadcast online, you may find the sheet below helpful to enable you and your family to follow along. If you cannot do this you can use this sheet to pray by yourself, or with anyone else in your household. If praying with others, one person can lead and everyone join in the words in **bold**.*

## **Before you begin**

*Find a quiet, comfortable space. Create a prayer focus with a Crucifix or image of Jesus. Light a candle.*

## **Hymn**

Be still and know that I am God. x3

I am the Lord that healeth thee. x3

In thee, O Lord, I put my trust. x3

*Many hymns can be found online which you could play or sing. This is our suggestion.*

## **Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

## **Penitential Rite**

What am I grateful to God for today?

Where did I stray from God:

through words, actions or things I did not do?

How might I do better from today?

What grace do I ask from God in order to live

more closely in his love?

*Before listening to the Word of God, take a moment to reflect. Together we ask for God's mercy and place our trust in his love.*

Lord Jesus, you have revealed yourself as the way to the Father:

Lord, have mercy. **Lord, have mercy.**

You have poured out on your people the Spirit of truth:

Christ, have mercy. **Christ, have mercy.**

You are the Good Shepherd, leading us to eternal life:

Lord, have mercy. **Lord, have mercy.**

## **Opening Prayer**

By your help, we beseech you, Lord our God,

may we walk eagerly in that same charity

with which, out of love for the world,

your Son handed himself over to death.

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.**

## The Word of God

### First Reading: from the Prophet Ezekiel

(Ezekiel 37:12-14)

The Lord says this:

'I am now going to open your graves; I mean to raise you from your graves, my people, and lead you back to the soil of Israel. And you will know that I am the Lord, when I open your graves and raise you from your graves, my people. And I shall put my spirit in you, and you will live, and I shall resettle you on your own soil; and you will know that I, the Lord, have said and done this' - it is the Lord who speaks.

### Gospel according to John

(John 11:1-45)

The sisters Martha and Mary sent this message to Jesus, 'Lord, the man you love is ill.' On receiving the message, Jesus said, 'This sickness will not end in death but in God's glory, and through it the Son of God will be glorified.' Jesus loved Martha and her sister and Lazarus, yet when he learned that Lazarus was ill he stayed where he was for two more days before saying to the disciples, 'Let us go to Judaea.' On arriving, Jesus found that Lazarus had been in the tomb for four days already.

When Martha heard that Jesus had come she went to meet him. Mary remained sitting in the house. Martha said to Jesus, 'If you had been here, my brother would not have died, but I know that even now, whatever you ask of God, he will grant you.' 'Your brother,' said Jesus to her, 'will rise again.' Martha said, 'I know he will rise again at the resurrection on the last day.' Jesus said, 'I am the resurrection and the life. If anyone believes in me, even though he dies he will live, and whoever lives and believes in me will never die. Do you believe this?' 'Yes Lord,' she said, 'I believe that you are the Christ, the Son of God, the one who was to come into this world.' Jesus said in great distress, with a sigh that came straight from the heart, 'Where have you put him?' They said, 'See how much he loved him!' But there were some who remarked, 'He opened the eyes of the blind

### Second Reading: from St Paul's letter to the Romans

(Romans 8:8-11)

People who are interested only in unspiritual things can never be pleasing to God. Your interests, however, are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him. Though your body may be dead it is because of sin, but if Christ is in you then your spirit is life itself because you have been justified; and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

man; could he not have prevented this man's death?'

Still sighing, Jesus reached the tomb; it was a cave with a stone to close the opening. Jesus said, 'Take the stone away.' Martha said to him, 'Lord, by now he will smell; this is the fourth day.' Jesus replied, 'Have I not told you that if you believe you will see the glory of God?' So they took away the stone. Then Jesus lifted up his eyes and said, 'Father, I thank you for hearing my prayer. I knew indeed that you always hear me, but I speak for the sake of all these who stand round me, so that they may believe it was you who sent me.' When he had said this, he cried in a loud voice, 'Lazarus, here! Come out!' The dead man came out, his feet and hands bound with bands of stuff and a cloth round his face.

Jesus said to them, 'Unbind him, let him go free.'

Many of the Jews who had come to visit Mary and had seen what he did believed in him.

*After reading the Scriptures, take a moment to reflect silently.*

*If praying with others, you may want to share what has struck you in today's Scripture readings.*

## **Apostles' Creed**

I believe in God, the Father almighty, creator of heaven and earth.  
I believe in Jesus Christ, God's only Son, our Lord,  
who was conceived by the Holy Spirit, born of the Virgin Mary,  
suffered under Pontius Pilate, was crucified, died, and was buried; he  
descended to the dead.  
On the third day he rose again; he ascended into heaven,  
he is seated at the right hand of the Father,  
and he will come to judge the living and the dead.  
I believe in the Holy Spirit, the holy catholic Church,  
the communion of saints, the forgiveness of sins,  
the resurrection of the body, and the life everlasting. Amen.

*The Creed is a summary of the Christian faith and expresses the central truths that the members of the Church believe. All members of the Catholic Church personally profess the same beliefs within the Creed and are therefore connected. The Creed unites the faithful as One Church.*

## **Prayers of Intercessions**

For those throughout God's world who are suffering from the impact of coronavirus - may the Lord of Mercy bring them health and healing. Lord, in your mercy. **Hear our prayer.**

For the physically weak, isolated and vulnerable people in every country - may the Lord of Compassion inspire us to reach out and care for our sisters and brothers. Lord, in your mercy...

For those who are working tirelessly to care for those who are seriously ill - may the Lord of Love give them courage and wisdom in their service of the most vulnerable. Lord, in your mercy...

For those dedicated to finding vaccines and treatments for this contagion - may the Lord of Wisdom grant them all knowledge and understanding. Lord, in your mercy...

For those who are grieving the loss of a loved one at this time - may the Lord of Hope give them strength and courage to continue in their faith. Lord, in your mercy...

For those all who have died especially <name> - may the Lord of Life raise them up and welcome them into their heavenly home. Lord, in your mercy...

*We conclude by asking Our Lady to join her prayers with ours, saying*  
**Hail Mary, full of grace...**

*Here we pray for the needs of the world, for the Church, for those in need and those who have died, as well as for our own intentions. You can call to mind your own prayers and/or use the ones here.*

## **Spiritual Communion**

**Our Father...**

**My Jesus,**

**I believe that you are present in the 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.**

*Sadly, we cannot currently receive the Eucharist. We can, however, make a 'Spiritual Communion'. In this way we join ourselves to our sisters and brothers throughout the world who are also opening themselves to Christ's presence.*

*Take a moment of stillness. In your heart, ask Jesus to be present to you in a special way. Then say this prayer by St Alphonsus.*

## **Closing Prayer**

Bless, O Lord, your people, who long for the gift of your mercy and grant that what, at your prompting, they desire, they may receive by your generous gift. Through Christ our Lord. **Amen.**

## **Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**