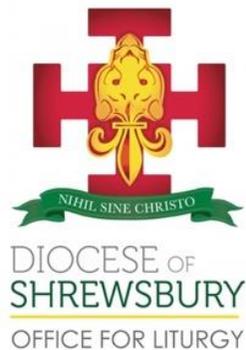


Blessed be her holy and immaculate conception  
Blessed be her glorious assumption  
Blessed be the name of Mary, virgin and mother  
Blessed be Saint Joseph, her spouse most chaste  
Blessed be God in his angels and in his saints



## A Visit to the Blessed Sacrament



Nineteenth Sunday in Ordinary Time  
Reflection Resource



DIOCESE OF  
**SHREWSBURY**

**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 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side while he would send the crowds away. After sending the crowds away he went up into the hills by himself to pray. When evening came, he was there alone, while the boat, by now far out on the lake, was battling with a heavy sea, for there was a head-wind. In the fourth watch of the night he went towards them, walking on the lake, and

when the disciples saw him walking on the lake they were terrified. 'It is a ghost' they said, and cried out in fear. But at once Jesus called out to them, saying, 'Courage! It is I! Do not be afraid.' It was Peter who answered. 'Lord,' he said 'if it is you, tell me to come to you across the water.' 'Come' said Jesus. Then Peter got out of the boat and started walking towards Jesus across the water, but as soon as he felt the force of the wind, he took fright and began to sink. 'Lord! Save me!' he cried. Jesus put out his hand at once and held him. 'Man of little faith,' he said 'why did you doubt?' And as they got into the boat the wind dropped. The men in the boat bowed down before him and said, 'Truly, you are the Son of God.'

**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