



There are many moving and instructive prayers in the letters of St Paul. For example, in Ephesians 1:17, we read, 'I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him.' There are a number of important points that can be made about this verse.

Firstly, par. 2680 of the Catechism of the Catholic Church says that 'Prayer is primarily addressed to the Father.' Par. 2789 goes on to add that 'When we pray to "our" Father, we personally address the Father of our Lord Jesus Christ.' You will notice that this is exactly what Paul does in this verse.

Secondly, there is a spiritual maxim which says that there is no blessing or growth in the spiritual life without preceding desire. The deeper and stronger the desire, the greater the likelihood of blessing and growth. It is evident that Paul knew what he wanted when he said that he desired to come to know God the Father in a more intimate way, as a result of going beyond mere head knowledge to the spiritual awareness of the heart.

Thirdly, Jesus made it clear, in John 16:13, that 'When he, the Spirit of truth, comes, he will guide you into all

SHOW US THE FATHER

the truth.' St Paul acknowledged and expanded on this point when he said, in 1 Cor 2:10-11, 'The Spirit searches all things, even the deep things of God. For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God.' Knowing that to be true, St Paul asked for the God given ability to penetrate the mystery of who Jesus is, because as our Lord himself testified, 'Anyone who has seen me has seen the Father' (Jn 14:9).

Fourthly, when St Paul spoke about 'a spirit of wisdom and revelation,' he was not necessarily referring to charismatic gifts of a prophetic kind

but rather to a spiritual type of experience that is possible for all believers.

Heavenly Father, yours is a Spirit of truth and love. Pour that same Holy Spirit into my body, mind and soul. Reveal your presence, word and will to me in a way that I can understand. And I thank you that you will do this while giving me the ability to respond. Amen. ■

— Pat Collins

Lift up your hearts. **We lift them up to the Lord.**
Let us give thanks to the Lord our God.
It is right and just.

Sanctus

Holy, Holy, Holy Lord God of hosts. ...

After the Consecration

The mystery of faith.

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

THE COMMUNION RITE

At the Saviour's command ...

Our Father, who art in heaven, ...

Deliver us, Lord, we pray, from every evil, ...

**For the kingdom, the power and the glory are
yours now and for ever.**

Lord Jesus Christ, ... **Amen.**
The peace of the Lord be with you always.
And with your spirit.

Lamb of God, you take away the sins ...

Behold the Lamb of God, ...

**Lord, I am not worthy that you should enter
under my roof, but only say the word and my
soul shall be healed.**

Communion Antiphon (Cf. Jn 1:12)

**To all who would accept him, he gave the
power to become children of God.**

Prayer after Communion

Lord our God, we humbly ask you, that, through
the working of this mystery, our offences may be
cleansed and our just desires fulfilled.

Through Christ our Lord.

Amen.



Reflection

Read these verses from the Gospel slowly and thoughtfully as the beginning of a wonderful poem introducing you to the mystery of the person of Jesus Christ.



Lesson

Jesus Christ is both life and light for all, like the tree of life and the tree of knowledge in the story of creation (Gen 2:9).



Prayer

Lord, help us to ponder over the truth that you are the beginning and the end. With your loving presence, protect us throughout the year. Amen.

