



## **June Daily Prayer & Reflections**

**11<sup>th</sup> June 2020**

Take time out of your day to attend live streamed mass and pray. Throughout these unprecedented times, we need to remember that just because the building of the church is closed, the Church community is well and truly alive and flourishing.

Our prayer, with the Pope in both his monthly and his new daily Intentions, is always oriented towards changing our own hearts, preparing ourselves for mission in whatever life-situation we are in. This month, we pray to the sacred heart of Jesus. Take time each day of June to pray the sacred heart prayer

During the month of June, we take time of devotion for the Sacred Heart of Jesus. The devotion to the Sacred Heart is one of the most widely practiced and well-known Catholic devotions, taking Jesus Christ's physical heart as the representation of his divine love for humanity. We are loved and truly known by God so we take this time for devotion.

### **Sacred Heart Prayer:**

O most holy heart of Jesus, fountain of every blessing, I adore you, I love you, and with lively sorrow for my sins I offer you this poor heart of mine. Make me humble, patient, pure and wholly obedient to your will. Grant, Good Jesus, that I may live in you and for you. Protect me in the midst of danger. Comfort me in my afflictions. Give me health of body, assistance in my temporal needs, your blessing on all that I do, and the grace of a holy death. Amen

***On the @BC\_Chaplaincy Twitter Page, we upload daily reflections and prayer ideas which we invite you to look at with readings of the day also posted. We post small reflections so we can keep God's word active throughout the day and accessible.***

***We also have our sway page where we post chaplaincy resources for prayer and reflection.***

### **The Gospel Reading Today :**

**I have not come to abolish the Law and the Prophets but to complete them**

**My flesh is real food and my blood is real drink**

Jesus said to the crowd:

'I am the living bread which has come down from heaven.

Anyone who eats this bread will live for ever;

and the bread that I shall give is my flesh,

for the life of the world.'

Then the Jews started arguing with one another: 'How can this man give us his flesh to eat?' they said. Jesus replied:

'I tell you most solemnly,  
if you do not eat the flesh of the Son of Man and drink his blood,  
you will not have life in you.

Anyone who does eat my flesh and drink my blood  
has eternal life,  
and I shall raise him up on the last day.

For my flesh is real food  
and my blood is real drink.

He who eats my flesh and drinks my blood  
lives in me  
and I live in him.

As I, who am sent by the living Father,  
myself draw life from the Father,  
so whoever eats me will draw life from me.

This is the bread come down from heaven;  
not like the bread our ancestors ate:  
they are dead,  
but anyone who eats this bread will live for ever.'

**Reflection:**

Jesus here reveals the loving heart of God. Everyone is invited to this: what matters is for each of us to live out our relationship with Jesus. In the Eucharist, the bread and wine are given a new layer of depth. In the Eucharist, we deepen our relationship with Jesus by becoming more and more like him over the years. We meet God in this new way. God gives himself to us, and we try to shape our lives into a loving gift for God.

**Prayer:**

Almighty God,  
We pray that you accompany us on our journey. We pray for a closeness you and that you reveal your plans for us. We thank you for all you bestow on us  
Amen

**Diocesan Information**

Masses are live streamed up and down the diocese and are daily. If you want to watch mass, follow this link select a church and the mass times are listed so you can plan Mass Live stream in to your day:

<https://www.mcnmedia.tv/cameras/county/west-midlands>

Praise and Worship Playlist: <https://www.youtube.com/watch?v=F8umfBRlwW8>

Kenelm Youth Trust @ Home Resources: <http://www.kenelmyouthtrust.org.uk/home-resources.html>

Twitter: @bc\_chaplaincy

Pause for Prayer Blog: <https://bishopchalloner.org.uk/blog/category/catholic-life-blog>

One Life Music Weekly Worship: <https://youtu.be/bs36zxL EE8>