

# Liturgy Alive of Fith Sunday of Lent B

## Greeting

Christ, the Son of God,  
learned to obey through suffering;  
and so he became to all who obey him  
the source of eternal salvation.

May this Lord Jesus be with you always. R/ *And also with you.*

## Introduction by the Celebrant

### A. *Losing One's Life To Find Life* (Option 1)

All those who grow plants, even people in the city who love flowers, know that seeds have to die in the soil so that shoots can sprout from them and give us colorful flowers. The seed has to die to give life. In the same way, Jesus died to give us life. And we, his disciples today, have to follow in his footsteps. We have to give ourselves so that others may be happy and live. St. Paul says with Jesus: "No one lives for oneself." Can we say the same of ourselves?

### B. *Like A Grain Of Wheat* (Option 2)

It is not reasonable to look for pain and suffering, yet we know that in life there are certain pains we have to accept in line with our tasks in life – a woman has to pass through birth pangs to bring a child into the world; parents sacrifice themselves for their children; nurses dedicate themselves to lighten the pains of the sick. Yes, the seed has to die in the furrows to give life to a new plant. Today Jesus invites us to follow him in accepting the pain and efforts needed in carrying out our task in life.

## Penitential Act

Let us ask forgiveness from the Lord  
for the times we have refused his love  
or remained indifferent to it.  
(pause)  
Lord Jesus,  
your Father loves us with so much love  
that he gave you to us:

Lord, have mercy. R/ *Lord, have mercy.*

Jesus Christ, your Father sent you  
not to condemn us  
but to save us and all people:  
Christ, have mercy. R/ *Christ, have mercy.*

Lord Jesus, you want us to bring to others  
the great love with which you love us:

Lord, have mercy. R/ *Lord, have mercy.*

God, we rely on your love  
to forgive us all our sins.  
Renew us in your love

and lead us to everlasting life. R/ *Amen.*

## Opening Prayer

Let us pray to our Father

who brought us to life with Christ  
(pause)  
Loving and gracious Father,  
you still love the world so much  
that you keep giving it Jesus your Son.  
May his cross be to us the sign  
that you are with us  
in days of misery and pain.  
May we look up to him and learn from him  
to open our hands and hearts to one another  
and to give ourselves with our gifts.  
May this help the world to see your light  
and to accept the Son you have given us.

Jesus Christ, our Lord for ever. *R/ Amen.*

## General Intercessions

With his arms stretched out on the cross Jesus wanted to draw all people to himself. Let us go to him with the needs and hopes of all and say: *R/ Save your people, Lord.*

- For those who look for a faith to believe in, that they may find it in the Church and see Jesus present there in its love and concern for those who are poor and suffering, let us pray: *R/ Save your people, Lord.*
- For the candidates for baptism, that they may come to see Jesus in the community that will support them in their faith, let us pray: *R/ Save your people, Lord.*
- For people who commit themselves to bring joy and happiness and hope to others, that they may keep seeing Jesus in those they serve, let us pray: *R/ Save your people, Lord.*
- For the many victims of wars and violence, that they may not give in to despair but come to see the Lord Jesus in his suffering and draw strength and hope from him, let us pray: *R/ Save your people, Lord.*
- For ourselves too, that in hard days we may see the Lord Jesus as our inspiration and our source of trust and courage, and that he makes us grow more mature through our cares, let us pray: *R/ Save your people, Lord.*

Lord Jesus, we keep looking for you. Save us in the hour of discouragement. Keep us one with you now and for ever. *R/ Amen.*

## Prayer over the Gifts

Lord our God,

in these signs of bread and wine  
we remember Jesus, your Son,  
who gave himself to all  
as bread to be broken and shared  
and as wine to be poured for the joy of all.  
Give us the spirit of Jesus,  
that we too may commit ourselves:  
to the happiness of those around us.  
Make us willing to accept suffering  
if this is the price to pay  
to be faithful to you and to people.

We ask this in the name of Jesus the Lord. *R/ Amen.*

## Introduction to the Eucharistic Prayer

Jesus laid down his life for us to bring us all the riches of God's life. He became the seed dying in the furrows so that we might live and grow and flower. Let us join Jesus to thank the Father.

## Introduction to the Lord's Prayer

In all honesty Jesus could call God "Father,"  
because he did the Father's will to the end.  
Let us pray with Jesus

for the same openness to God's will. *R/ Our Father...*

## Deliver Us

Deliver us Lord, from every evil  
and from the fear of committing ourselves  
to our brothers and sisters.  
In your mercy, keep us free  
from our egotism and false attachments  
and protect us from all anxiety  
in the face of suffering.  
In our trials give us your Son's strength,  
as we work in joy and hope  
toward the coming in glory

of our Lord and Savior Jesus Christ. *R/ For the kingdom...*

#### **Invitation to Communion**

This is Jesus, the Lamb of God,  
who became for us  
a grain of wheat dying in the ground,  
that we might live and be capable of love.

Happy are we to receive him. *R/ Lord, I am not worthy...*

#### **Prayer after Communion**

Lord our God, loving Father,  
on account of his love for you and for us,  
no suffering was too painful for your Son,  
no death too costly  
to win for us life and lasting happiness.  
Through this Eucharist help us to accept  
the invitations and risks of love.  
Make us follow your Son  
in living not for ourselves but for others,  
and give us the certainty  
that pain or death is not the end  
but the seed of a new beginning

in Christ Jesus our Lord. *R/ Amen.*

#### **Blessing**

Christ did not make demands on others,  
for love makes no demands, it only invites.  
Christ gave. He gave himself.  
Where the master goes, the disciple must follow.  
May we too learn to give ourselves to others,  
even at the cost of pain,  
that we may grow as God's people.  
May Almighty God strengthen and bless you:  
the Father, and the Son, and the Holy Spirit. *R/ Amen.*  
Let us follow our Lord with courage

in his suffering and in his life. *R/ Thanks be to God.*