**Prayer on the feast of the Ascension**

Lord Jesus, you became man and came to live among us.

For love of us, you suffered and died for us.

Because you are God, you conquered death and rose on the third day.

Today you return to your Father and our Father,

But you promised to remain with us till the end of time,

And to send us the Holy Spirit.

We rejoice and thank you, Lord Jesus.

Come Holy Spirit, purify and transform us,

Kindle within us the fire of your love.

Amen.

*Diana Sutherland, CAFOD supporter*