

**ENTRANCE ANTIPHON**

Your merciful love, O God,  
we have received in the midst of your temple.  
Your praise, O God, like your name,  
reaches the ends of the earth;  
your right hand is filled with saving justice.

**GLORIA**

Glorify to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

**COLLECT**

O God, who in the abasement of your Son  
have raised up a fallen world,  
fill your faithful with holy joy,  
for on those you have rescued from slavery  
to sin  
you bestow eternal gladness.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of  
the Holy Spirit,  
one God, for ever and ever.  
Amen.

**FIRST READING**

Zech 9:9-10

A reading from the prophet Zechariah.

The Lord says this:

"Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of  
Jerusalem!  
See now, your king comes to you;  
he is victorious, he is triumphant,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.  
He will banish chariots from Ephraim  
and horses from Jerusalem;  
the bow of war will be banished.  
He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth."

The word of the Lord.

Thanks be to God.

**PSALM**

Ps 144

Response:

I will bless your name for ever,  
O God my King.

1. I will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever. (R.)

2. The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures. (R.)
3. All your creatures shall thank you, O Lord,  
and your friends shall repeat their  
blessing.  
They shall speak of the glory of your reign  
and declare your might, O God. (R.)
4. The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down. (R.)

**SECOND READING**

Rm 8:9.11-13

A reading from the letter of St Paul to the  
Romans.

Your interests are not in the unspiritual, but  
in the spiritual, since the Spirit of God has  
made his home in you. In fact, unless you  
possessed the Spirit of Christ you would not  
belong to him, and if the Spirit of him who  
raised Jesus from the dead is living in you,  
then he who raised Jesus from the dead will  
give life to your own mortal bodies through  
his Spirit living in you.

So then, my brothers, there is no necessity  
for us to obey our unspiritual selves or to live  
unspiritual lives. If you do live in that way,  
you are doomed to die; but if by the Spirit  
you put an end to the misdeeds of the body  
you will live.

The word of the Lord.

Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia!

Blessed are you, Father, Lord of heaven and  
earth,

for revealing the mysteries of the kingdom to  
mere children.

Alleluia!

**GOSPEL**

Mt 11:25-30

A reading from the holy Gospel according to  
Matthew.

Jesus exclaimed, "I bless you, Father, Lord of  
heaven and of earth, for hiding these things  
from the learned and the clever and revealing  
them to mere children. Yes, Father, for that  
is what it pleased you to do. Everything has  
been entrusted to me by my Father; and no  
one knows the Son except the Father, just as  
no one knows the Father except the Son and  
those to whom the Son chooses to reveal  
him.

"Come to me all you who labour and  
are overburdened, and I will give you rest.  
Shoulder my yoke and learn from me, for I  
am gentle and humble in heart, and you will  
find rest for your souls. Yes, my yoke is easy  
and my burden light."

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,

born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;

through him all things were made.  
For us men and for our salvation  
he came down from heaven,

*(all bow during the next three lines)*

and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.

**PRAYER OVER THE OFFERINGS**

May this oblation dedicated to your name  
purify us, O Lord,  
and day by day bring our conduct  
closer to the life of heaven.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

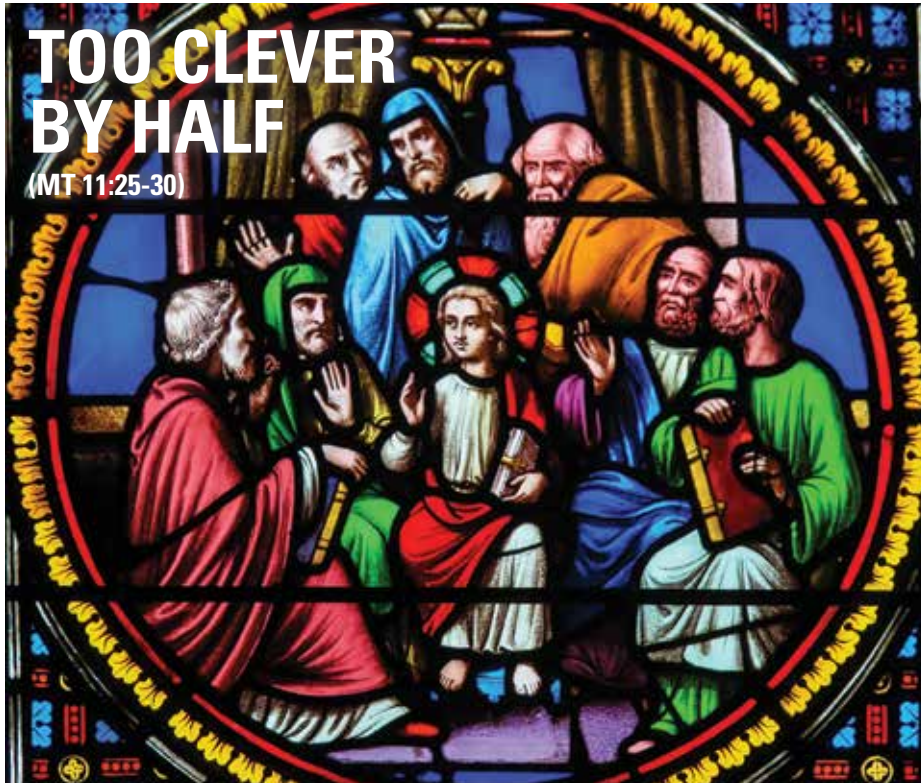
Come to me, all who labour and are  
burdened,  
and I will refresh you, says the Lord.

**PRAYER AFTER COMMUNION**

Grant, we pray, O Lord,  
that, having been replenished by such great  
gifts,  
we may gain the prize of salvation  
and never cease to praise you.  
Through Christ our Lord.  
Amen.

Unless we look at a person and see the  
beauty that is in them, we can contribute  
nothing to them. One does not help a person  
by discerning what is wrong, what is ugly,  
what is distorted. Christ looked at everyone  
he met, at the prostitute, at the thief, and  
saw the beauty hidden there. Perhaps it  
was distorted, perhaps damaged, but it was  
beauty none the less, and what he did was to  
call out this beauty.

*Metropolitan Anthony Bloom*



Stained glass in the Chapel of Notre-Dame-des-flots in Sainte Adresse, Le Havre, France, depicting Christ in the Temple of Jerusalem among the doctors (1857)

Jesus has been preaching throughout his home region of Galilee. He must have had high hopes that the Pharisees and the religious leaders would accept his message and recognise that it came from God.

After all, these are “the learned and the clever”, the experts on the law who know it inside out. They, above all others, should be able to recognise God’s Son when he speaks to them.

But Jesus’ efforts haven’t succeeded. In fact, he faces mounting opposition. The Pharisees and the religious leaders reject him and his message. They see no evidence that he is the Son of God.

Jesus must have been terribly disappointed at his failure to win over the “learned and clever” but he doesn’t lose heart. He knows that he is doing the Father’s will, and that’s all that counts.

And he realises too that his preaching has not been in vain. The ordinary people, those he describes as “mere children”, have grasped his message. The simple and ignorant, who have no education or training in the law, recognise who he is – people like his disciples, and the sick, and the sinners.

Jesus realises that this was God’s plan all along. He thanks God for choosing to reveal his truth to the little ones, while hiding it from the self-important.

The lesson for us is that we must be open to God’s plan for us, as Jesus was, and actively trust that our heavenly Father knows best. ■

## REFLECT

There are times when we all experience life as difficult and painful. We can feel overburdened with problems or worries of one kind or another. The death of a loved one may have left our heart broken. A person close to us may be sick. Our bank balance may be deep in the red. Our business may be going under. We may have lost our job. There may be problems in the home or with an addiction. We may find ourselves stuck in a crucifying depression we can’t shake off.

Bring all of that to Jesus today. Lay your worries and anxieties on him, for he is gentle of heart. Ask him for the rest and peace that you seek. ■

## LEARN

A yoke was a bar laid across the shoulders of a slave for carrying a heavy burden. Many rabbis referred to the Law as a yoke placed on the shoulders of the people of Israel. By contrast, the yoke that Jesus invites his followers to take on is not a burden but something that is gentle and life-giving.

The Good News is for everyone.

## PRAY

There is so much trouble and anxiety in our world today, so many people caught up in civil conflict and violent unrest. Ask the Prince of Peace to ease people’s suffering and grant them the rest for their souls that he alone can give.

## DO

Look at how children relate to their parents. Observe them. Note how they trust their parents completely and instinctively, how they feel secure when they hold a parent’s hand, how utterly receptive and open they are to their parents. That is how we are called to relate to our God.



## SAY

**“I thank you, Lord, for being so close to me.  
Strengthen my faith. Amen.”**