

GOSPEL READING

MATTHEW 11:25–30

✠ A reading from the holy Gospel according to Matthew

All: **Glory to you, O Lord.**

I am meek and humble of heart.

At that time Jesus exclaimed:

“I give praise to you, Father, Lord of heaven and earth,
for although you have hidden these things from the wise and the learned
you have revealed them to little ones.

Yes, Father, such has been your gracious will.

All things have been handed over to me by my Father.

No one knows the Son except the Father,

and no one knows the Father except the Son

and anyone to whom the Son wishes to reveal him.

“Come to me, all you who labor and are burdened, and I will give you
rest.

Take my yoke upon you and learn from me,

for I am meek and humble of heart;

and you will find rest for yourselves.

For my yoke is easy, and my burden light.”

The Gospel of the Lord. **Praise to you, Lord Jesus Christ.**

COMMUNION ANTIPHON PSALM 34[33]:9

Taste and see that the Lord is good;
blessed the man who seeks refuge in him.

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.**

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LIVING LITURGY™

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Fourteenth Sunday in Ordinary Time



REFLECTION ON THE GOSPEL

Bearing a yoke does not seem to be an enjoyable experience. But Jesus gives us this image in today's gospel reading and nearly subverts it.

The yoke of Jesus, the one who is meek and humble of heart, is itself easy; the burden is light. In today's gospel, we learn that when we are true disciples of Christ, we conform to the person himself. So conformed, we find any apparent burden not to be a burden at all. We need only act as he would in the world, as another Christ to serve the needs of those around us.

—Living Liturgy™, *Fourteenth Sunday in Ordinary Time 2020*

ENTRANCE ANTIPHON CF. PSALM 48[47]:10–11

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.

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.**

READING I

L 100-A · ZECHARIAH 9:9-10

A reading from the Book of Zechariah
See, your king comes to you humbly.

Thus says the Lord:
 Rejoice heartily, O daughter Zion,
 shout for joy, O daughter Jerusalem!
 See, your king shall come to you;
 a just savior is he,
 meek, and riding on an ass,
 on a colt, the foal of an ass.
 He shall banish the chariot from Ephraim,
 and the horse from Jerusalem; the warrior's bow shall be banished,
 and he shall proclaim peace to the nations.
 His dominion shall be from sea to sea,
 and from the River to the ends of the earth.

The word of the Lord. **Thanks be to God.**

RESPONSORIAL PSALM

PSALM 145:1-2, 8-9, 10-11, 13-14

℟. (Cf. 1) **I will praise your name forever, my king and my God.**
 or ℟. **Alleluia.**

I will extol you, O my God and King,
 and I will bless your name forever and ever.
 Every day will I bless you,
 and I will praise your name forever and ever. ℟.

The Lord is gracious and merciful,
 slow to anger and of great kindness.
 The Lord is good to all
 and compassionate toward all his works. ℟.

Let all your works give you thanks, O Lord,
 and let your faithful ones bless you.
 Let them discourse of the glory of your kingdom
 and speak of your might. ℟.

The Lord is faithful in all his words
 and holy in all his works.
 The Lord lifts up all who are falling
 and raises up all who are bowed down. ℟.

READING II

ROMANS 8:9, 11-13

A reading from the Letter of Saint Paul to the Romans
If by the Spirit you put to death the deeds of the body, you will live.

Brothers and sisters: You are not in the flesh;
 on the contrary, you are in the spirit,
 if only the Spirit of God dwells in you.
 Whoever does not have the Spirit of Christ does not belong to him.
 If the Spirit of the one who raised Jesus from the dead dwells in you,
 the one who raised Christ from the dead will give life
 to your mortal bodies also, through his Spirit that dwells in you.
 Consequently, brothers and sisters, we are not debtors to the flesh,
 to live according to the flesh.
 For if you live according to the flesh, you will die,
 but if by the Spirit you put to death the deeds of the body, you will live.

The word of the Lord. **Thanks be to God.**

GOSPEL ACCLAMATION

CF. MATTHEW 11:25

℟. **Alleluia, alleluia.**

℣. Blessed are you, Father, Lord of heaven and earth;
 you have revealed to little ones the mysteries of the kingdom. ℟.