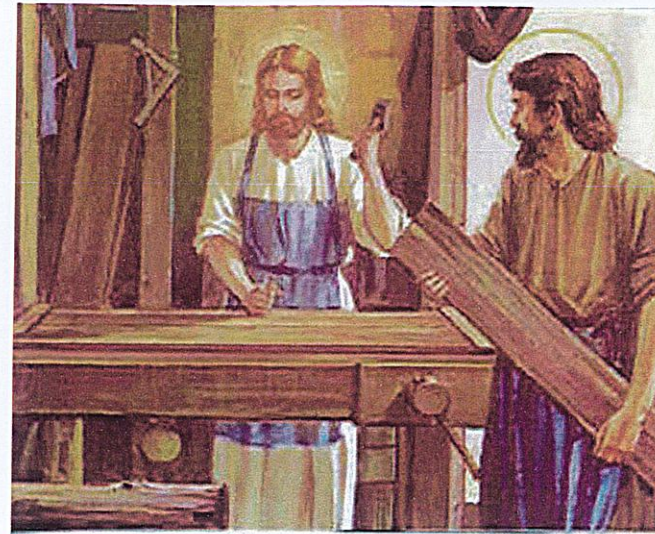


Our Faith on Sunday

GOSPEL REFLECTION

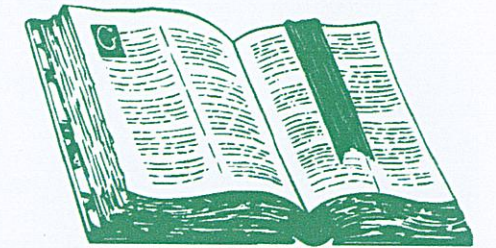


disciples to take up their “cross” and follow him. Don’t we all find our daily crosses heavy to bear, sometimes almost too heavy to bear? Let us remember what Jesus is inviting us to do: he is inviting us to come to him. If the death of Jesus on the cross means anything, surely it means that he too suffered, suffered to the point of feeling that he had been abandoned by

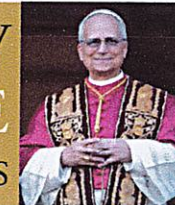
alone in carrying our cross. Another way of saying this is that what will make our burden “light” is love. Love is the only real answer to suffering. When a child falls on the ground and runs crying to a parent, what is it that stops the crying? Not so much the ointment applied to the bleeding knee; what stops the crying is the loving embrace of the parent. When it comes to our relationship with our Father in heaven Jesus invites us to become “little children”. This means that whenever we find ourselves suffering, we can turn to Him sure that we will be embraced by his love.

In the gospel reading for this Sunday Jesus invites all those “who labour and are heavy laden” to come to him. In exchange he will give us another “burden” to bear, but it is “light”. That might seem paradoxical when we take into account that on another occasion Jesus asks his

his Father. He knows what it is like to reach a point where the only word that escapes from the darkness is “Why?” This is the Jesus who is calling out to us in our suffering to come to him. He is the one who lifts the great burden that weighs us down when we feel that we are



POPE LEO XIV
THE HOLY SEE
APOSTOLIC EXHORTATIONS



TO ALL CHRISTIANS ON LOVE FOR THE POOR

1. “I HAVE LOVED YOU” (Rev 3:9). The Lord speaks these words to a Christian community that, unlike some others, had no influence or resources, and was treated instead with violence and contempt: “You have but little power... I will make them come and bow down before your feet” (Rev 3:8-9). This text reminds us of the words of the canticle of Mary: “He has cast down the mighty from their thrones, and lifted up the lowly; he has filled the hungry with good things, and sent the rich away empty” (Lk 1:52-53).



Pope John XXIII Christmas Message 1959

Human efforts in the matter of universal peace-making are still far from the point where heaven and earth meet... The fact is that true peace cannot come save from God. It has only one name: the peace of Christ. It has one aspect, that impressed on it by Christ who, as if to anticipate the counterfeits of man, emphasized: “Peace I leave you, my peace I give to you” (John 14:28). The disturbances which unsettle the internal peace of nations trace their origins chiefly to this source: that man has been treated almost exclusively as a machine, a piece of merchandise, a worthless cog in some great machine or a mere productive unit... No peace will have solid foundations unless hearts nourish the sentiment of brotherhood which ought to exist among all who have a common origin and are called to the same destiny. The knowledge that they belong to the same family extinguishes lust, greed, pride and the instinct to dominate others, which are the roots of dissensions and wars. It binds all in a single bond of higher and more fruitful solidarity.



ENTRANCE ANTIPHON

Cf. Ps 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,
God, for ever and ever.

Amen.**FIRST READING**

A reading from the Prophet Zechariah. Zechariah 9:9-10

Thus says the Lord: Rejoice greatly, O daughter of Sion!
Shout aloud, O daughter of Jerusalem! Behold, your king is
coming to you; righteous and having salvation is he, humble
and mounted on a donkey, on a colt, the foal of a donkey. I
will cut off the chariot from Ephraim and the war horse from
Jerusalem; and the battle bow shall be cut off, and he shall
speak peace to the nations; his rule 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.**PSALM**

Psalm 145(144):1-2. 8-9. 10-11. 13c-14. R. cf. 1

R. I will bless your name for ever, my God and king.*or* **Alleluia.**

I will extol you, my God and king,
and bless your name for ever and ever.
I will bless you day after day,
and praise your name for ever and ever.

The LORD is kind and full of compassion,
slow to anger, abounding in mercy.
How good is the LORD to all,
compassionate to all his creatures.

All your works shall thank you, O LORD,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds.

The LORD is faithful in all his words,
and holy in all his deeds.
The LORD supports all who fall,
and raises up all who are bowed down.

SECOND READING

A reading from the Letter of Saint Paul to the Romans.

Romans 8:9, 11-13

Brothers and sisters: You are not in the flesh but in the Spirit,
if in fact the Spirit of God dwells in you. Anyone who does
not have the Spirit of Christ does not belong to him. If the
Spirit of him who raised Jesus from the dead dwells in you,
he who raised Christ Jesus from the dead will also give life
to your mortal bodies through his Spirit who dwells in you.
So then, brothers and sisters, we are debtors, not 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.**ACCLAMATION BEFORE THE GOSPEL****Alleluia, alleluia.**

Cf. Matthew 11:25

**I thank you, Father, Lord of heaven and earth,
you have revealed the secrets of the kingdom to little
children.**

Alleluia.**GOSPEL**

Matthew 11:25-30

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glorify to you, O Lord.

At that time Jesus declared, 'I thank you, Father, Lord of
heaven and earth, that you have hidden these things from
the wise and understanding and revealed them to little
children; yes, Father, for such was your gracious will. All
things have been handed over to me by my Father, and no
one knows the Son except the Father, and no one knows
the Father except the Son and anyone to whom the Son
chooses to reveal him. Come to me, all who labour and are
heavy laden, and I will give you rest. Take my yoke upon
you, and learn from me, for I am gentle and lowly in heart,
and you will find rest for your souls. For my yoke is easy,
and my burden is light.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.**PRAYER OVER THE OFFERINGS**

May this oblation dedicated to your name

R. purify us, O Lord,
and day by day bring our conduct
closer to the life of heaven.

Through Christ our Lord.

Amen.**R.****COMMUNION ANTIPHON**

Mt 11:28

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

R.**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.

R.**Amen.**