

ENTRANCE ANTIPHON

Be my protector, O God,
a mighty stronghold to save me.
For you are my rock, my stronghold!
Lead me, guide me, for the sake of your name.

GLORIA

Glory 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 teach us that you abide
in hearts that are just and true,
grant that we may be so fashioned by your
grace
as to become a dwelling pleasing to you.
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 Ecc 15:15-20

A reading from the book of Ecclesiasticus.
If you wish, you can keep the commandments,
to behave faithfully is within your power.
He has set fire and water before you;
put out your hand to whichever you prefer.
Man has life and death before him;
whichever a man likes better will be given him.
For vast is the wisdom of the Lord;
he is almighty and all-seeing.
His eyes are on those who fear him,
he notes every action of man.
He never commanded anyone to be godless,
he has given no one permission to sin.

The word of the Lord.
Thanks be to God.

PSALM Ps 118

Response:
They are happy who follow God's law!

1. They are happy whose life is blameless,
who follow God's law!
They are happy those who do his will,
seeking him with all their hearts. (R.)
2. You have laid down your precepts
to be obeyed with care.
May my footsteps be firm
to obey your statutes. (R.)
3. Bless your servant and I shall live
and obey your word.
Open my eyes that I may consider
the wonders of your law. (R.)

4. Teach me the demands of your statutes
and I will keep them to the end.
Train me to observe your law,
to keep it with my heart. (R.)

SECOND READING 1 Cor 2:6-10

A reading from the first letter of St Paul to the
Corinthians.
We have a wisdom to offer those who have
reached maturity: not a philosophy of our age,
it is true, still less of the masters of our age,
which are coming to their end. The hidden
wisdom of God which we teach in our mysteries
is the wisdom that God predestined to be for
our glory before the ages began. It is a wisdom
that none of the masters of this age have ever
known, or they would not have crucified the
Lord of Glory; we teach what scripture calls:
the things that no eye has seen and no ear has
heard, things beyond the mind of man, all that
God has prepared for those who love him.
These are the very things that God has
revealed to us through the Spirit, for the Spirit
reaches the depths of everything, even the
depths of God.

The word of the Lord.
Thanks be to God.

GOSPEL ACCLAMATION

Alleluia, Alleluia!
Speak, Lord, your servant is listening:
you have the message of eternal life.
Alleluia!

GOSPEL Mt 5:17-37

(shorter form read between >><<)

A reading from the holy Gospel according to
Matthew.
> Jesus said to his disciples: < "Do not imagine
that I have come to abolish the Law or the
Prophets. I have come not to abolish them but
to complete them.
I tell you solemnly, till heaven and earth
disappear, not one dot, one little stroke, shall
disappear from the Law until its purpose is
achieved. Therefore, the man who infringes
even one of the least of these commandments
and teaches others to do the same will be
considered the least in the kingdom of heaven;
but the man who keeps them and teaches
them will be considered great in the kingdom of
heaven.
> "For I tell you, if your virtue goes no deeper
than that of the scribes and Pharisees, you will
never get into the kingdom of heaven.
"You have learnt how it was said to our
ancestors: You must not kill; and if anyone does
kill he must answer for it before the court. But
I say this to you: anyone who is angry with his
brother will answer for it before the court; < if a
man calls his brother 'Fool' he will answer for
it before the Sanhedrin; and if a man calls him
'Renegade' he will answer for it in hell fire. So
then, if you are bringing your offering to the
altar and there remember that your brother
has something against you, leave your offering
there before the altar, go and be reconciled
with your brother first, and then come back and
present your offering. Come to terms with your
opponent in good time while you are still on the
way to the court with him, or he may hand you
over to the judge and the judge to the officer,
and you will be thrown into prison. I tell you
solemnly, you will not get out till you have paid
the last penny.
> "You have learnt how it was said: You must

not commit adultery. But I say this to you: if a
man looks at a woman lustfully, he has already
committed adultery with her in his heart. < If
your right eye should cause you to sin, tear it
out and throw it away; for it will do you less harm
to lose one part of you than to have your whole
body thrown into hell. And if your right hand
should cause you to sin, cut it off and throw it
away; for it will do you less harm to lose one
part of you than to have your whole body go to
hell.
"It has also been said: Anyone who divorces
his wife must give her a writ of dismissal. But I
say this to you: everyone who divorces his wife,
except for the case of fornication, makes her an
adulteress; and anyone who marries a divorced
woman commits adultery.
> "Again, you have learnt how it was said to
our ancestors: You must not break your oath,
but must fulfil your oaths to the Lord. But I
say this to you: do not swear at all, < either
by heaven, since that is God's throne; or by
the earth, since that is his footstool; or by
Jerusalem, since that is the city of the great
king. Do not swear by your own head either,
since you cannot turn a single hair white or
black. > All you need say is 'Yes' if you mean
yes, 'No' if you mean no; anything more than
this comes from the evil one." <
The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH
I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
(all bow during the next two lines)
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the
Father almighty;
from there he will come to judge the living
and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

PRAYER OVER THE OFFERINGS
May this oblation, O Lord, we pray,
cleanse and renew us
and may it become for those who do your will
the source of eternal reward.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON
They ate and had their fill,
and what they craved the Lord gave them;
they were not disappointed in what they
craved.

PRAYER AFTER COMMUNION
Having fed upon these heavenly delights,
we pray, O Lord,
that we may always long
for that food by which we truly live.
Through Christ our Lord.
Amen.

Sunday Message

THE WORD



THE FULFILLMENT OF THE LAW

MATTHEW 5:17-37 (SHORTER FORM MT 5:20-22, 27-28, 33-34, 37)

Jesus begins by making a clear and powerful statement: He has not come to abolish the Law or the Prophets but to fulfill them. This means He respects God's commandments and intends to complete and deepen their true meaning.

He then addresses several key commandments — like "You shall not murder," "You shall not commit adultery," and "You shall not swear falsely." But Jesus challenges us to look beyond simply following rules. He shows that true obedience involves the heart. It's not only about avoiding murder but also about not holding anger or insulting others. It's not just about faithfulness in marriage but also about guarding our thoughts from lust.

Jesus invites us to live by a higher standard — one that transforms our hearts and relationships. It's a call to move from external actions to inner change, seeking love, honesty, and peace.

This teaching asks us to examine our own feelings, words, and attitudes, allowing God to shape us from within, so our lives reflect His love in every part. ■

REFLECT

Jesus teaches us that following God isn't just about obeying rules on the outside — it's about what's happening inside our hearts. He says He came not to cancel the Law but to fulfill it, to bring its deeper meaning to light.

Think about anger, for example. It's easy to say, "I haven't hurt anyone," but Jesus asks us to look closer. Are we holding anger or bitterness inside? Are we quick to insult or judge? True peace begins when we let go of these feelings and seek forgiveness.

Jesus also talks about faithfulness, not just in actions but in our thoughts. It's a reminder that what we allow in our minds shapes who we are. He challenges us to live honestly, speaking truthfully and keeping our promises.

His words call us to a higher way — one that doesn't just avoid harm but actively builds love and peace. It's about changing from the inside out, so our lives show God's kindness in everything we do.

Today, ask yourself: What is God inviting me to change in my heart? Where can I grow in love and truth? Jesus offers His help — His grace is always ready to transform us. ■

SAY

Prayer of St. Augustine:
"Lord, make me pure in heart, that I may see You clearly.
Cleanse my thoughts and words,
help me to live in truth and love.
Give me the strength to forgive
and the courage to speak honestly.
Transform my heart so I may
follow You fully."

DO

Take time today to forgive someone who has upset you — even if it's just in your heart. Let go of anger and choose peace, following Jesus' call to reconcile and love.

LEARN

True obedience to God isn't just about following rules — it's about letting God change our hearts, so we live with love, honesty, and peace in every part of our lives.

