

Sunday Message

THE WORD

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

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 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 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.

- 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.)
- 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.)

- 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.)
- 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.

Just as a mother finds pleasure in taking her little child on her lap, to feed and caress it, so does our loving God show his fondness for his beloved souls who have given themselves entirely to Him and have placed all their hope in His goodness.

St Alphonsus Liguori



THE FATHER REVEALED IN THE SON

MATTHEW 11:25-30

In this passage, Jesus offers a glimpse into his intimate relationship with the Father and the nature of discipleship. He begins with a prayer of praise: "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and revealed them to little ones." The contrast between the "wise and learned" and the "little ones" emphasizes that God's revelation is not bound by human status or intellect, but comes through humility and openness.

Jesus then extends an invitation: "Come to me, all you who labor and are burdened, and I will give you rest." Here, he presents himself as the source of consolation and support. The call is personal and relational — not abstract theology, but a real encounter with a compassionate Lord who carries the weight of human struggle.

Finally, Jesus encourages his followers to take on his "yoke" and learn from him, for he is "gentle and humble in heart." The yoke, a common agricultural image, represents guidance and partnership: to follow Jesus is to share in his mission, but in a way that lightens the burden rather than imposes harsh demands.

This passage underscores the accessibility of God's kingdom: it is revealed to those who approach with trust and humility and offers rest and guidance for all who seek it. ■

REFLECT

Jesus invites us to experience God's love in a deeply personal way. He thanks the Father for revealing divine truth not to those who rely solely on human wisdom, but to the humble and trusting. It reminds us that faith is not about showing how much we know, but about approaching God with openness, simplicity, and a willingness to be led.

Jesus extends an invitation to all who are "weary and burdened": come to me, and I will give you rest. The burdens we carry — worry, guilt, fear, or exhaustion — do not go unnoticed. Jesus offers relief not through avoidance, but through companionship. He invites us to take on his "yoke" and learn from him, a yoke that is gentle and light compared with the weight of trying to live alone or in our own strength.

Discipleship, then, is both trusting and practical. It is about allowing Christ to guide our steps, lighten our burdens, and teach us how to live in love and humility. In taking his yoke upon us, we find rest for our souls and a model for how to navigate life's challenges with gentleness and faith. ■

SAY
O Jesus, gentle and humble of heart, make my heart like Yours!
St. Thérèse of Lisieux

DO
This week, take a few moments each day to hand your worries and burdens over to Jesus in prayer, trusting him to guide and lighten your load.



LEARN
Christ invites all who are burdened to find rest in him, and that discipleship is rooted in humility, trust, and reliance on God rather than human strength