

SUNDAY LITURGY AT HOME

Fourteenth Sunday of Ordinary Time

Alongside the Mass Christians down through the ages have prayed by singing hymns, psalms and canticles, listening to passages of Scripture, and offering prayers of intercession – we call this kind of prayer the 'Liturgy of the Hours,' or the 'Divine Office.' As we are not all able to gather for the Eucharist at this time let's embrace this ancient tradition and pray in our homes either as a family or by ourselves. If you are praying as a family one person leads, the others say the words in bold.

INTRODUCTORY RITES

Introduction

✠ O God, ✠ come to our aid

✠ O Lord, make haste to help us

Glory be to the Father, and to the Son
and to the Holy Spirit;

As it was in the beginning, is now, and ever shall be,
world without end. Amen. Alleluia!

Hymn

This day at thy creating Word
First o'er the earth the light was poured:
O Lord, this day upon us shine
And fill our souls with light divine.

This day the Lord for sinners slain
In might victorious rose again:
O Jesus, may we raised be
From death of sin to life in thee!

This day the Holy Spirit came
With fiery tongues of cloven flame:
O Spirit, fill our hearts this day
With grace to hear and grace to pray.

O day of light and life and grace,
From earthly toil a resting-place,
The hallowed hours, blest gift of love,
Give we again to God above.

All praise to God the Father be,
All praise, eternal Son, to thee,
Whom, with the Spirit, we adore
For ever and for evermore.

PSALMODY

Song of rejoicing in salvation

Ps 117(118)

This is the stone which was rejected by you builders, but which has become the cornerstone (Acts 4:11)

Ant 1: Blessed is he * who comes in the name of the Lord. Alleluia!

Give thanks to the Lord for he is good,
for his love endures for ever.

Let the sons of Israel say:
'His love endures for ever.'

Let the sons of Aaron say:
'His love endures for ever.'

Let those who fear the Lord say:
'His love endures for ever.'

I called to the Lord in my distress;
he answered and freed me.
The Lord is at my side; I do not fear.
What can man do against me?
The Lord is at my side as my helper;
I shall look down on my foes.

**It is better to take refuge in the Lord
than to trust in men;
it is better to take refuge in the Lord
than to trust in princes.**

The nations all encompassed me;
in the Lord's name I crushed them.
They compassed me, compassed me about;
in the Lord's name I crushed them.
They compassed me about like bees;
they blazed like a fire among thorns.
In the Lord's name I crushed them.

**I was hard-pressed and was falling,
but the Lord came to help me.
The Lord is my strength and my song;
he is my saviour.
There are shouts of joy and victory
in the tents of the just.**

The Lord's right hand has triumphed;
his right hand raised me.
The Lord's right hand has triumphed;
I shall not die, I shall live
and recount his deeds.
I was punished, I was punished by the Lord,
but not doomed to die.

**Open to me the gates of holiness:
I will enter and give thanks.
This is the Lord's own gate
where the just may enter.
I will thank you for you have answered
and you are my saviour.**

The stone which the builders rejected
has become the corner stone.
This is the work of the Lord,
a marvel in our eyes.
This day was made by the Lord;
we rejoice and are glad.

Ant 1: **Blessed is he who comes in the name of the Lord. Alleluia!**

Let every creature praise the Lord

Dan 3:52-57

The Creator is blessed for ever (Rom 1:25)

Ant 2: Let us sing * a hymn to our God. Alleluia!

You are blest, Lord God of our fathers.
To you glory and praise for evermore.

**Blest your glorious holy name.
To you glory and praise for evermore.**

You are blest in the temple of your glory.
To you glory and praise for evermore.

**You are blest who gaze into the depths.
To you glory and praise for evermore.**

You are blest in the firmament of heaven.
To you glory and praise for evermore.

**You who walk on the wings of the wind.
To you glory and praise for evermore.**

Ant 2: Let us sing a hymn to our God. Alleluia!

Praise the Lord

Ps 150

Sing praise in your spirit, sing praise with your soul, that is: give glory to God in both your soul and your body (Hesychius)

Ant 3: Praise the Lord * for his surpassing greatness. Alleluia!

Praise God in his holy place,
praise him in his mighty heavens.
Praise him for his powerful deeds,
praise his surpassing greatness.

**O praise him with sound of trumpet,
praise him with lute and harp.
Praise him with timbral and dance,
praise him with strings and pipes.**

Ant 3: Praise the Lord for his surpassing greatness. Alleluia!

**O Lord, grant us salvation;
O Lord, grant success.
Blessed in the name of the Lord
is he who comes.
We bless you from the house of the Lord;
the Lord God is our light.**

Go forward in procession with branches
even to the altar.
You are my God, I thank you.
My God, I praise you.
Give thanks to the Lord for he is good;
for his love endures for ever.

**Glory be to the Father and to the Son
and to the Holy Spirit,**
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

May they bless you, the saints and the angels.
To you glory and praise for evermore.

**From the heavens, the earth and the sea.
To you glory and praise for evermore.**

You are blest, Lord God of our fathers.
To you glory and praise for evermore.

**Glory be to the Father and to the Son
and to the Holy Spirit,**
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

O praise him with resounding cymbals,
praise him with clashing of cymbals.
Let everything that lives and that breathes
give praise to the Lord.

**Glory be to the Father and to the Son
and to the Holy Spirit,**
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

COLLECT OF THE MASS

Let us pray.

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.**

LITURGY OF THE WORD

First Reading

Zechariah 9:9-10

See now, your king comes humbly to you.

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.

Responsorial Psalm

Ps 144(145):1-2, 8-11, 13b-14

℟️ 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. **℟️**

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. **℟️**

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. **℟️**

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. **℟️**

Second Reading

Romans 8:9, 11-13

If by the Spirit you put an end to the misdeeds of the body, you will live

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.

Alleluia, alleluia!
 Blessed are you, Father,
 Lord of heaven and earth,
 for revealing the mysteries of the Kingdom
 to mere children.
 Alleluia!

Gospel Reading

Matthew 11:25-30

I shall ask the Father and he will give you another Advocate.

A reading from the Holy Gospel ✠ according to Matthew.

℟️ **Glory to you, O Lord.**

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.**

Reflection

A time for either silent reflection by oneself, or sharing amongst the household

PRAYER AND SPIRITUAL COMMUNION

Intercessions

In real humility of heart let us pray to God who cares for everyone, saying:

℟️ **Lord, have mercy on your people.**

Defend the church against all danger. ℟️
 Protect Francis our Pope. ℟️
 Be the strength of Patrick our Bishop. ℟️
 Keep our parish united in prayer. ℟️
 Save your people. ℟️
 Preserve the world in peace. ℟️
 Bring light to those who do not believe. ℟️
 Guide the rulers of all nations. ℟️
 Come to the aid of the poor. ℟️
 Comfort the afflicted. ℟️

Guide and strengthen healthcare workers. ℟️
 Bring an end to the coronavirus. ℟️
 Have mercy on the dead. ℟️

We pause to make our own prayers.

We ask Mary to place the whole world under her maternal protection, saying:

**Hail Mary, full of grace,
 the Lord is with thee.
 Blessed art thou amongst women,
 and blessed is the fruit of thy womb, Jesus.
 Holy Mary, Mother of God,
 pray for us sinners,
 now and at the hour of our death. Amen.**

Our Father

Let us pray together in the words Jesus taught us, saying:

**Our Father, who art in heaven,
 hallowed be thy name.
 Thy kingdom come.
 Thy will be done on earth, as it is in heaven.
 Give us this day our daily bread,
 and forgive us our trespasses,
 as we forgive those who trespass against us,
 and lead us not into temptation,
 but deliver us from evil.**

Spiritual Communion

Spend a few moments in silence, then pray asking Jesus to make his home in your heart:

My Jesus,
I believe that you are present in the Most Blessed Sacrament.
I love you above all things,
and I desire to receive you into my soul.
Since I cannot at this moment receive you sacramentally,
come at least spiritually into my heart.
I embrace you as if you were already there
and unite myself wholly to you.
Never permit me to be separated from you. Amen.

THANKSGIVING AND CONCLUSION

The Benedictus

Luke 1:68-79

The Messiah and the one who was sent before him

Ant: Shoulder my yoke and learn from me,* **for I am gentle and humble in heart, and you will find rest for your souls.**

Blessed be the Lord, ✠ the God of Israel!
He has visited his people and redeemed them.

**He has raised up for us a mighty saviour
in the house of David his servant,
as he promised by the lips of holy men,
those who were his prophets from of old.**

A saviour who would free us from our foes,
from the hands of all who hate us.
So his love for our fathers is fulfilled
and his holy covenant remembered.

**He swore to Abraham our father to grant us,
that free from fear,
and saved from the hands of our foes,
we might serve him in holiness and justice
all the days of our life in his presence.**

As for you, little child,
you shall be called a prophet of God, the Most High.
You shall go ahead of the Lord
to prepare his ways before him,

**To make known to his people their salvation
through forgiveness of all their sins,
the loving-kindness of the heart of our God
who visits us like the dawn from on high.**

He will give light to those in darkness,
those who dwell in the shadow of death,
and guide us into the way of peace.

**Glory be to the Father and to the Son
and to the Holy Spirit,**
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.

Ant: Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.

Blessing

The Lord bless us, ✠ and keep us from all evil,
and bring us to everlasting life. **Amen.**