

170 THE SACRED HEART OF JESUS

FIRST READING

Deuteronomy 7.6-11

The Lord loves you and has chosen you.

A reading from the book of Deuteronomy.

Moses spoke to the people:

6 “You are a people holy to the Lord your God;
the Lord your God has chosen you
out of all the peoples on earth to be
his people, his treasured possession.

7 “It was not because you were more numerous than any other people
that the Lord set his heart on you and chose you—
for you were the fewest of all peoples.

8 It was because the Lord loved you
and kept the oath that he swore to your ancestors,
that the Lord has brought you out with a mighty hand,
and redeemed you from the house of slavery,
from the hand of Pharaoh king of Egypt.

9 “Know therefore that the Lord your God is God,
the faithful God
who maintains covenant loyalty with those who love him
and keep his commandments to a thousand generations,
10 and who repays in their own persons those who reject him.
He does not delay
but repays in their own persons those who reject him.

11 “Therefore, observe diligently the commandment—
the statutes, and the ordinances—
that I am commanding you today.”

The word of the Lord.

A period of silence is observed after the reading.

RESPONSORIAL PSALM

Psalm 103.1-2, 3-4, 6-7, 8-9 (R.17)

R. The Lord’s kindness is everlasting
to those who fear him.

1 Bless the Lord, O my soul,
and all that is within me, bless his holy name.

2 Bless the Lord, O my soul,
and do not forget all his benefits. R.

3 It is the Lord who forgives all your iniquity,
heals all your diseases,
4 who redeems your life from the Pit,
and crowns you with steadfast love and mercy. **R.**

6 The Lord works vindication
and justice for all who are oppressed.
7 He made known his ways to Moses,
his acts to the people of Israel. **R.**

8 The Lord is merciful and gracious,
slow to anger and abounding in steadfast love.
9 He does not deal with us according to our sins,
nor repay us according to our iniquities. **R.**

SECOND READING

1 John 4.7-16

God loved us so much we ought to love one another.

A reading from the first letter of John.

7 Beloved,
let us love one another,
because love is from God;
everyone who loves is born of God and knows God.

8 Whoever does not love does not know God,
for God is love.

9 God's love was revealed among us in this way:
God sent his only Son into the world
so that we might live through him.

10 In this is love,
not that we loved God
but that he loved us
and sent his Son to be the atoning sacrifice for our sins.

11 Beloved, since God loved us so much,
we also ought to love one another.

12 No one has ever seen God;
if we love one another, God lives in us,
and his love is perfected in us.

13 By this we know that we abide in him and he in us,
because he has given us of his Spirit.

14 And we have seen and do testify
that the Father has sent his Son as the Saviour of the world.

15 God abides in those who confess that Jesus is the Son of God,
and they abide in God.

16 So we have known and believe the love that God has for us. ➤

God is love,
and those who abide in love abide in God,
and God abides in them.

The word of the Lord.

A period of silence is observed after the reading.

GOSPEL ACCLAMATION

Matthew 11.29

This verse may accompany the singing of the Alleluia.
If the Alleluia is not sung, the acclamation is omitted.

Take my yoke upon you;
learn from me, for I am gentle and humble of heart.

GOSPEL

Matthew 11.25-30

I am gentle and humble in heart.

✠ A reading from the holy gospel according to Matthew.

- 25 At that time Jesus said,
“I thank you, Father, Lord of heaven and earth,
because you have hidden these things from the wise and the intelligent
and have revealed them to infants;
26 yes, Father, for such was your gracious will.
Then turning to his disciples, Jesus said:
27 “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.
28 “Come to me,
all you that are weary and are carrying heavy burdens,
and I will give you rest.
29 Take my yoke upon you, and learn from me;
for I am gentle and humble in heart,
and you will find rest for your souls.
30 For my yoke is easy, and my burden is light.”

The gospel of the Lord.