

Readings

FIRST READING

Zechariah 9:9-10

See, your king comes to you humbly.

A reading from the Book of the Prophet Zechariah



Thus says the LORD:

Rejoice heartily, O daughter Zion,
shout for joy, O daughter Jerusalem!

See, your king shall come to you;
a just saviour is he,
meek, and riding on an ass,
on a colt, the foal of an ass.

He shall banish the chariot from Ephraim,
and the horse from Jerusalem;
the warrior's bow shall be banished,
and he shall proclaim peace to the nations.
His dominion shall be from sea to sea,
and from the River to the ends of the earth.

RESPONSORIAL PSALM

Psalm 145:1-2, 8-9, 10-11, 13-14

R. I will praise your name for ever, my king and my God.

I will extol you, O my God and King,
and I will bless your name forever and ever.
Every day will I bless you,
and I will praise your name forever and ever.

R. I will praise your name for ever, my king and my God.

The LORD is gracious and merciful,
slow to anger and of great kindness.
The LORD is good to all
and compassionate toward all his works.

R. I will praise your name for ever, my king and my God



Let all your works give you thanks, O LORD,
and let your faithful ones bless you.
Let them discourse of the glory of your kingdom
and speak of your might.

R. I will praise your name for ever, my king and my God.

The LORD is faithful in all his words
and holy in all his works.
The LORD lifts up all who are falling
and raises up all who are bowed down.

R. I will praise your name for ever, my king and my God.

SECOND READING

Romans 8:9, 11-13

If by the Spirit you put to death the deeds of the body, you will live.

A reading from the Letter of Saint Paul to the Romans

Brothers and sisters:

You are not in the flesh;
on the contrary, you are in the spirit,
if only the Spirit of God dwells in you.

Whoever does not have the Spirit of Christ does not belong to him.

If the Spirit of the one who raised Jesus from the dead dwells in you,
the one who raised Christ from the dead
will give life to your mortal bodies also,
through his Spirit that dwells in you.

Consequently, brothers and sisters,
we are not debtors 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.



GOSPEL ACCLAMATION

cf. Matthew 11:25

R. Alleluia, alleluia.

Blessed are you Father, Lord of heaven and earth;
you have revealed to little ones the mysteries of the kingdom.

R. Alleluia, alleluia.

GOSPEL

Matthew 11:25-30

I am meek and humble of heart.



A reading from the holy Gospel according to Matthew

At that time Jesus exclaimed:

“I give praise to you, Father, Lord of heaven and earth,
for although you have hidden these things
from the wise and the learned
you have revealed them to little ones.

Yes, Father, such has been your gracious will.

All things have been handed over to me by my Father.

No one knows the Son except the Father,
and no one knows the Father except the Son
and anyone to whom the Son wishes to reveal him.”

“Come to me, all you who labour and are burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am meek and humble of heart;
and you will find rest for yourselves.

For my yoke is easy, and my burden light.”

