

**Sunday, August 30, 2026**  
**Twenty-Second Sunday of Ordinary Time**

**Prayer for the Morning**

*God gives us the joy of his help: let us give him thanks and praise!* **Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.**

**Alleluia**

**Hymn** **Meter: 87 87 D**

Living streams of blood and water  
From the Source of every good  
Strengthen every son and daughter  
For a life of servanthood.  
Pressing on to final glory,  
Every gain is counted loss,  
For the true apostle's story  
Is a sharing in Christ's cross.  
Faithfulness and mercy meeting  
Make a living sacrifice,  
Like the wondrous signs of feeding  
In the life of Jesus Christ.  
Reigning high above the heavens,  
Still he teaches, feeds, and heals;  
Still he multiplies and leavens,  
And his kingdom he reveals.

**Psalm** **51:12-21**

*I urge you therefore, brothers, by the mercies of God, to offer your bodies as a living sacrifice, holy and pleasing to God, your spiritual worship. (Rom 12:1)*

*There is only one sacrifice God desires of us: that we give to him wholeheartedly all that we are and do. In the Eucharist, we who are Christ's own Body become an integral part of his self-offering to the Father. Let us so live that our offering may be pleasing to him.*

A pure heart create for me, O God,  
put a steadfast spirit within me.  
Do not cast me away from your presence,  
nor deprive me of your holy spirit.  
Give me again the joy of your help;  
with a spirit of fervor sustain me,  
that I may teach transgressors your ways  
and sinners may return to you.  
O rescue me, God, my helper,  
and my tongue shall ring out your goodness.  
O Lord, open my lips

and my mouth shall declare your praise.  
For in sacrifice you take no delight,  
burnt offering from me you would refuse,  
my sacrifice, a contrite spirit.  
A humbled, contrite heart you will not spurn.  
In your goodness, show favor to Zion:  
rebuild the walls of Jerusalem.  
Then you will be pleased with lawful sacrifice,  
holocausts offered on your altar.

Glory to the Father...

**Word of God** **Hebrews 10:8-10**

First he says, "Sacrifices and offerings, holocausts and sin offerings, you neither desired nor delighted in." These are offered according to the law. Then he says, "Behold, I come to do your will." He takes away the first to establish the second. By this "will," we have been consecrated through the offering of the body of Jesus Christ once for all.

Through him [then] let us continually offer God a -sacrifice of praise, that is, the fruit of lips that confess his name. (Heb 13:15)

**Canticle of Zechariah**

*We must consider how to rouse one another to love and good works. (Heb 10:24)*

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

## Intercessions

Jesus Christ gives his life to us; let us pray for the grace to give our lives to him without reservation:

**R/** Into your hands we commend our spirit.

In time of prosperity and peace: **R/**

In time of turmoil and trouble: **R/**

In life and in death: **R/**

## **Personal intentions**

**Our Father....**

*God our Father, you give us life through the sacrifice of your Only Begotten Son, Jesus Christ, on the cross.*

*Accept our lives as we offer them to you in him.*

*Through Christ our Lord. Amen.*

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## Reading 1

**Jeremiah 20:7-9**

You duped me, O Lord, and I let myself be duped;/  
you were too strong for me, and you triumphed./  
All the day I am an object of laughter;/ everyone  
mocks me.

Whenever I speak, I must cry out,/ violence and  
outrage is my message;/ the word of the Lord has  
brought me/ derision and reproach all the day.

I say to myself, I will not mention him,/ I will  
speak in his name no more./ But then it becomes  
like fire burning in my heart,/ imprisoned in my  
bones;/ I grow weary holding it in,/ I cannot  
endure it.

## Reading 2

**Romans 12:1-2**

I urge you, brothers and sisters, by the mercies of  
God, to offer your bodies as a living sacrifice, holy  
and pleasing to God, your spiritual worship. Do not  
conform yourselves to this age but be transformed  
by the renewal of your mind, that you may discern  
what is the will of God, what is good and pleasing  
and perfect.

## Gospel

**Matthew 16: 21-27**

Jesus began to show his disciples that he must go  
to Jerusalem and suffer greatly from the elders,  
the chief priests, and the scribes, and be killed  
and on the third day be raised. Then Peter took  
Jesus aside and began to rebuke him, "God forbid,  
Lord! No such thing shall ever happen to you." He  
turned and said to Peter, "Get behind me, Satan!  
You are an obstacle to me. You are thinking not as  
God does, but as human beings do."

Then Jesus said to his disciples, "Whoever wishes  
to come after me must deny himself, take up his  
cross, and follow me. For whoever wishes to save  
his life will lose it, but whoever loses his life for my  
sake will find it. What profit would there be for one  
to gain the whole world and forfeit his life? Or  
what can one give in exchange for his life? For the  
Son of Man will come with his angels in his  
Father's glory, and then he will repay all according  
to his conduct.

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## **Men of St. Joseph Prayer**

St. Joseph, help me to be like you. Help me to be  
obedient to the teachings of the Church and  
faithful to God's commands. Help me to patiently  
endure my cross each day. Let me be a model of  
holiness and a pillar of virtue. I solemnly promise  
to embrace God's will and I accept the challenge  
to work tirelessly for my family's salvation. Be my  
guide and companion on this journey. St. Joseph,  
terror of demons, pray for us!

*Prayer for the Morning text used with permission  
of Magnificat*