

Sunday, February 1, 2026
Fourth Sunday in Ordinary Time

Prayer for the Morning

Our God is the Prince of Peace. Let us adore him!

Glory to the Father,...Amen. Alleluia!

Hymn

Meter: CM

In labor all creation groans
Till fear and hatred cease,
Till human hearts have understood:
In Christ alone is peace.
In labor all creation groans
Till false divisions cease,
Till differences are reconciled
In Christ who is our peace.
In labor all creation groans
God's justice to increase.
When right in place of might prevails,
Then Christ will be our peace.

Psalm 34:2-7, 12-15

*See, upon the mountains there advances/ the bearer of
good news, announcing peace!* (Na 2:1)

*Being a peacemaker is far from easy. It requires us to
look at the other person's perspective and sometimes
even admit that we are in the wrong. Being a
peacemaker, though, is not the same thing as being a
"pushover." Keeping peace requires the strength to
stand up for what is right and to be a protector and
advocate for the weak.*

I will bless the Lord at all times,
his praise always on my lips;
in the Lord my soul shall make its boast.
The humble shall hear and be glad.
Glorify the Lord with me.
Together let us praise his name.
I sought the Lord and he answered me;
from all my terrors he set me free.
Look towards him and be radiant;
let your faces not be abashed.
This poor man called; the Lord heard him
and rescued him from all his distress.
Come, children, and hear me
that I may teach you the fear of the Lord.
Who is he who longs for life
and many days, to enjoy his prosperity?
Then keep your tongue from evil
and your lips from speaking deceit.
Turn aside from evil and do good;
seek and strive after peace.

Glory to the Father.

Word of God

Isaiah 9:5-6

A child is born to us, a son is given us;/ upon his
shoulder dominion rests./ They name him
Wonder-Counselor, God-Hero,/ Father-Forever,
Prince of Peace./ His dominion is vast/ and
forever peaceful,/ From David's throne, and over
his kingdom,/ which he confirms and sustains/ By
judgment and justice,/ both now and forever./ The
zeal of the Lord of hosts will do this!

Turn from evil and do good;/ seek peace and
pursue it. (Ps 34:15)

Canticle of Zechariah

*Into whatever house you enter, first say, "Peace to
this household."* (Lk 10:5)

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

We seek peace in you alone and pray:

R/ Guide us in your peace.

Teach us the peace you alone can give,
– that we may be peacemakers. **R/**
Show us the good in all whom we meet,
– that we may be friends to all. **R/**
Give us peaceful hearts,
– that we may bring God's peace to others. **R/**

Personal intentions

Our Father....

Lord our God, you are loving and merciful to all who turn to you in humility. Draw us ever deeper in your embrace as we seek to please you through holy lives. Through Christ our Lord. Amen.

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Reading 1 **Zephaniah 2:3; 3:12-13**

Seek the Lord, all you humble of the earth,/ who have observed his law;/ seek justice, seek humility;/ perhaps you may be sheltered/ on the day of the Lord's anger.

But I will leave as a remnant in your midst/ a people humble and lowly,/ who shall take refuge in the name of the Lord:/ the remnant of Israel./ They shall do no wrong/ and speak no lies;/ nor shall there be found in their mouths/ a deceitful tongue;/ they shall pasture and couch their flocks/ with none to disturb them.

Reading 2 **1Corinthians 1:26-31**

Consider your own calling, brothers and sisters. Not many of you were wise by human standards, not many were powerful, not many were of noble birth. Rather, God chose the foolish of the world to shame the wise, and God chose the weak of the world to shame the strong, and God chose the lowly and despised of the world, those who count for nothing, to reduce to nothing those who are something, so that no human being might boast before God. It is due to him that you are in Christ Jesus, who became for us wisdom from God, as well as righteousness, sanctification, and redemption, so that, as it is written, "Whoever boasts, should boast in the Lord."

Gospel

Matthew 5:1-12a

When Jesus saw the crowds, he went up the mountain, and after he had sat down, his disciples came to him. He began to teach them, saying:

"Blessed are the poor in spirit,/ for theirs is the kingdom of heaven./ Blessed are they who mourn,/ for they will be comforted./ Blessed are the meek,/ for they will inherit the land./ Blessed are they who hunger and thirst for righteousness,/ for they will be satisfied./ Blessed are the merciful,/ for they will be shown mercy./ Blessed are the clean of heart,/ for they will see God./ Blessed are the peacemakers,/ for they will be called children of God./ Blessed are they who are persecuted for the sake of righteousness,/ for theirs is the kingdom of heaven./ Blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of me. Rejoice and be glad, for your reward will be great in heaven."

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!

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