

Sunday, July 5 2026
Fourteenth Sunday in Ordinary Time

Prayer for the Morning

Our God has come to dwell within us. Let us praise him!

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: CM**

Come, Holy Ghost, our hearts inspire,
Let us thine influence prove:
Source of the old prophetic fire,
Fountain of life and love.
Come, Holy Ghost, for moved by thee
The prophets wrote and spoke;
Unlock the truth, thyself the key,
Unseal the sacred book.
Expand thy wings, celestial Dove,
Brood o'er our nature's night;
On our disordered spirits move,
And let there now be light.
God, through himself, we then shall know
If thou within us shine,
And sound with all thy saints below,
The depths of love divine.

Psalm **124**

Do you not know that you are the temple of God, and that the Spirit of God dwells in you? (1 Cor 3:16)
As baptized Christians, we are blessed to have the Spirit of God -living within us. Let us strive always to be aware of this great grace and allow God to work in us at all times.

**"If the Lord had not been on our side,"
this is Israel's song.**

**"If the Lord had not been on our side
when men rose against us,
then would they have swallowed us alive
when their anger was kindled.
Then would the waters have engulfed us,
the torrent gone over us;
over our head would have swept
the raging waters."**

**Blessed be the Lord who did not give us
a prey to their teeth!
Our life, like a bird, has escaped
from the snare of the fowler.**

Indeed the snare has been broken
and we have escaped.
Our help is in the name of the Lord,
who made heaven and earth.

Glory to the Father...

Word of God **Romans 6:3-6**

Are you unaware that we who were baptized into Christ Jesus were baptized into his death? We were indeed buried with him through baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, we too might live in newness of life.

For if we have grown into union with him through a death like his, we shall also be united with him in the resurrection. We know that our old self was crucified with him, so that our sinful body might be done away with, that we might no longer be in slavery to sin.

You have had yourselves washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and in the Spirit of our God.

(1 Cor 6:11)

Canticle of Zechariah

Blessed are they who wash their robes so as to have the right to the tree of life and enter the city through its gates. (Rv 22:14)

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 have the Holy Spirit living within us. We pray:

R/Make us worthy temples, Lord.

That the way we live our lives may have a great impact on those around us: – may we live good and holy lives. **R/**

For those who look up to us: – may we be good examples. **R/**

When we are tempted to infidelity: – help us to live in purity. **R/**

Personal intentions

Our Father....

Heavenly Father, you cannot be outdone in generosity, for you have given us the gift of life in the Spirit. Give us the grace to be open to this gift, that we may serve you and our brothers and sisters. Through Christ our Lord. Amen.

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Reading 1

Zechariah 9:9-10

Thus says the Lord:/ Rejoice heartily, O -daughter Zion,/
shout for joy, O daughter Jerusalem!/
See, your king shall come to you;/
a just savior 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.

Reading 2

Romans 8:9, 11-13

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

Matthew 11:25-30

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 labor 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.

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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