

The Living Word

Fourteenth Sunday in Ordinary Time, Year A

5 July 2026

First Reading Zec 9:9-10

See how humbly your king comes to you!

The Lord says this:

‘Rejoice heart and soul, daughter of Zion!
Shout with gladness, daughter of Jerusalem!
See now, your king comes to you;
he is victorious, he is triumphant,
humble and riding on a donkey,
on a colt, the foal of a donkey.
He will banish chariots from Ephraim
and horses from Jerusalem;
the bow of war will be banished.
He will proclaim peace for the nations.
His empire shall stretch from sea to sea,
from the River to the ends of the earth.’

Responsorial Psalm

Ps 144:1-2. 8-11. 13-14. R. v.1

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

or

(R.). Alleluia!

1. I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever. (R.)
2. The Lord is kind and full of
compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.
(R.)
3. All your creatures shall thank you,
O Lord,
and your friends shall repeat their
blessing.
They shall speak of the glory of your
reign
and declare your might, O God. (R.)
4. The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed
down. (R.)

Second Reading Rom 8:9.11-13

*If by the Spirit you put an end to the misdeeds of the body,
you will live.*

Your interests are not in the unspiritual, but in the spiritual, since the Spirit of God has made his home in you. In fact, unless you possessed the Spirit of Christ you would not belong to him, and if the Spirit of him who raised Jesus from the dead is living in you, then he who raised Jesus from the dead will give life to your own mortal bodies through his Spirit living in you.

So then, my brothers, there is no necessity for us to obey our unspiritual selves or to live unspiritual lives. If you do live in that way, you are doomed to die; but if by the Spirit you put an end to the misdeeds of the body you will live.

Gospel Acclamation See Mt 11:25

Alleluia, alleluia!

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

Alleluia!

Gospel Mt 11:25-30

I am gentle and humble of heart.

Jesus exclaimed, ‘I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’



Reflection by Fr Michael Tate

In the Jewish story of the creation of Adam, the author has God fashion a figure of a human being out of damp earth, and then breathes into the nostrils of this clay figure. It becomes ‘Adam’. In Hebrew, the word for breath, wind or Spirit is the same, so this story tells us that we become human when the Holy Spirit is breathed into our very being.

St Paul tells the early converts in Rome, those recently baptised, and therefore tells us who are baptised: ‘The Spirit of God has made his home in you.’

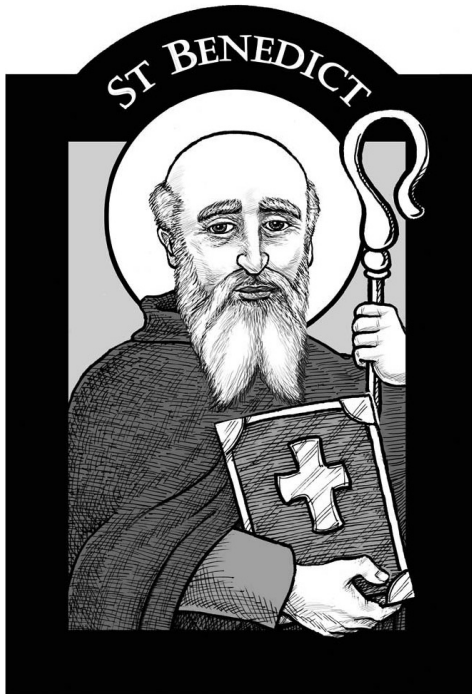
Since your baptism, the Holy Spirit, the Breath of God, dwells in you in a special way. Baptism re-creates us, sharing in the life of the true Adam.

We could pause for a moment to pray:

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

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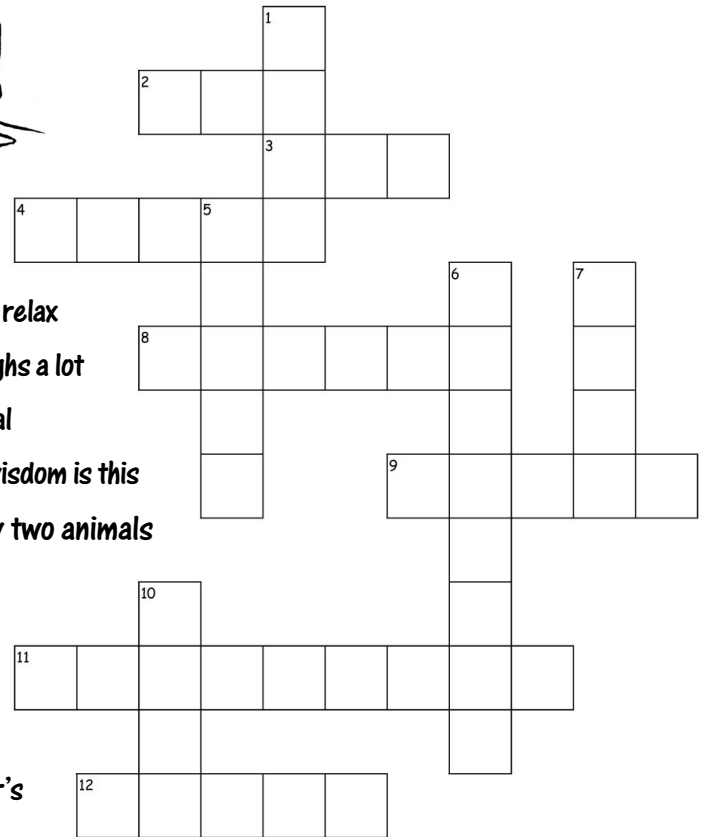
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St Benedict was born at Nursia in c.480, the brother of St Scholastica. Most of what is known of his life comes from St Gregory the Great's writings. He left his studies in Rome to become a hermit in the mountains near Subiaco, and after a while many followers joined him. It is believed that some monks tried to poison him, possibly out of jealousy or due to his strict discipline. He moved to Monte Cassino, where he completed his Rule; a written guide for those living a monastic life, with a strong emphasis on obedience, moderation and community life. Although Benedict never became a priest or ever intended to found a religious order, his Rule became the fundamental monastic code in Europe and is still observed by many religious orders throughout the world.



Crossword



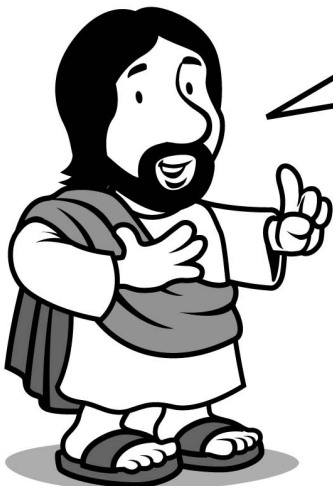
Down

- 1: to take a break and relax
- 5: something that weighs a lot
- 6: plain, nothing special
- 7: someone who has wisdom is this
- 10: a harness worn by two animals

Across

- 2: the first number
- 3: a mother and father's male offspring
- 4: something that is not heavy
- 8: Jesus said, "the only one who truly knows the _____ is the Son"
- 9: you go to sleep when you feel like this
- 11: Jesus said "Take the yoke I give you. Put it on your _____"
- 12: what you do when someone is teaching you

Find out what Jesus said to his followers by using the words below to complete the sentences.



_____ to me all who _____.
 I will give you _____.
 I am _____ and humble of _____.
 My _____ is easy.
 My burden is _____.

heart gentle labor
 Come yoke light rest