

Our Lady of Perpetual Help

Reflecting On Sunday's Readings

The Fourteenth Sunday in Ordinary Time — July 5, 2020

First Reading — Zechariah 9:9-10

⁹ Rejoice greatly, O daughter of Zion! Shout aloud, O daughter of Jerusalem! Lo, your king comes to you; triumphant and victorious is he, humble and riding on an ass, on a colt the foal of an ass. ¹⁰ I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall command peace to the nations; his dominion shall be from sea to sea, and from the River to the ends of the earth.

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

R. (cf. 1) **I will praise your name for ever, my king and my God.**

or:

R. **Alleluia.**

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.**

or:

R. **Alleluia.**

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.**

or:

R. **Alleluia.**

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.

or:

R. **Alleluia.**

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.**

or:

R. **Alleluia.**

Second Reading — Romans 8:9, 11-13

⁹ But you are not in the flesh, you are in the Spirit, if in fact the Spirit of God dwells in you. Any one who does not have the Spirit of Christ does not belong to him. ... ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will give life to your mortal bodies also through his Spirit who dwells in you. ¹² So then, brethren, we are debtors, not to the flesh, to live according to the flesh— ¹³ 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 Reading — Matthew 11:25-30

²⁵ At that time Jesus declared, "I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; ²⁶ yea, Father, for such was thy gracious will. ²⁷ All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. ²⁸ Come to me, all who labor and are heavy laden, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and

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you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.”

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INVITATION TO PRAY

Pause for a few moments of silence and enter more deeply into the presence of God...

Proclaim the Scriptures out loud

As you listen to the scriptures be attentive to a word, a phrase, a question, an image, or a feeling that emerges. Reflect on this quietly or share it aloud.

INVITATION TO REFLECT

INVITATION TO GROUP SHARING

First Reading — Zechariah 9:9-10

1. What is there about this King and his coming Kingdom that is attractive to you?

Second Reading — Romans 8:9, 11-13

2. What does it mean that the Spirit of God and the Spirit of Christ “dwells” in us?
3. Describe the difference between a life lived according to the flesh, and a life lived according to the Spirit.

Gospel Reading — Matthew 11:25-30

4. By what means has the Father determined that we should know him?
5. What does stress often indicate about our life and spirituality?
6. What ways have you found helpful to both bring your cares to Jesus and to receive his character?

INVITATION TO ACT

Determine a specific action (individual or group) that flows from your sharing. When choosing an individual action, determine what you will do and share it with the group. When choosing a group action, determine who will take responsibility for different aspects of the action. These should be your primary considerations.

CLOSING INVITATION TO PRAY

Give thanks to God (aloud or silently) for new insights, for desires awakened, for directions clarified, for the gift of one another's openness and sensitivity. Conclude with a final prayer.