



Liturgy Cycle A

# **Fourteenth Sunday Of The Year**

## **Humility And Gentleness Of Heart**

### **Introduction**

At times we all find life difficult. We become overburdened with problems and worries. We often use these as an excuse for not turning to Christ. In today's Gospel Christ tells us to bring all our burdens to him and he will give us comfort, peace and strength. Let us come to him with love and trust.

### **First Reading (Zechariah 9:9-10)**

The people are urged to rejoice because when their messianic leader comes, he will not come as a proud warrior, but as a humble and gentle champion of peace.

### **Second Reading (Romans 8:9.11-13)**

St Paul says that we have the Spirit living in us. With the help of the Spirit we can live lives that are worthy of our great dignity.

### **Gospel (Matthew 11: 25-30)**

It is the little people, those who are humble and gentle of heart, who receive the blessings of Christ.

### **Prayer of the faithful**

Let us pray that we may learn the lessons of today's Gospel.

R: Lord, teach your ways.

That all Christians may be convinced that gentleness is a form of strength, and that it opens doors that would otherwise remain closed. We pray to the lord.

R: Lord, teach your ways.

That all governments may turn aside from torture, cruelty, injustice and oppression. We pray to the lord.

R: Lord, teach your ways.



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**For all those who are bothered by troubles and anxieties: that they may have recourse to Christ, and so find comfort, peace and strength. We pray to the lord.**

**R: Lord, teach your ways.**

**That in all our dealings with others we may turn away from pride and arrogance, and try to imitate the humility and gentleness of Christ.**

**We pray to the lord.**

**R: Lord, teach your ways.**

### **Communion Reflection**

**Slow me down, Lord,  
Ease my pounding heart,  
quieten my racing mind,  
steady my hurried steps.**

**Amidst the confusion of my days  
give me the calmness of the everlasting hills.  
Help me know the restoring power of sleep.**

**Teach me the art of taking time-off,  
of slowing down to look at a flower,  
to chat with a friend,  
to read a few lines from a good book.**

**Remind me each day that there is more to life  
than increasing its speed.  
Let me look into the branches of a towering oak,  
and know that it grew tall and strong  
because it grew slowly and well.**

**Slow me down, Lord.  
Teach me to be gentle and humble of heart,  
and thus I will find rest for my soul.**