



Liturgy Cycle A

# Thirtieth Sunday Of The Year

## The Two Great Commandments

### **Introduction**

God loves each and every one of us, deserving and undeserving. He wants us not only to love him in return, but also to love one another. Here in a nutshell we have the whole teaching of the Bible. Let us think about it.

### **First reading (Exodus 22:20-26)**

God tell the Israelites that there must be no exploitation of, or discrimination against, the weak members of their society.

### **Second Reading (1 Thessalonians 1: 5-10)**

Paul tells the Thessalonians that their exemplary lives have become known far and wide.

### **Gospel (Matthew 22:34-40)**

Jesus tells us that the whole of religion can be summed up in two commandments of love.

### **Prayer Of The Faithful**

Let us pray that our Lord teach us to love others, and so prove our love for him and for our Heavenly Father.

R: Lord, hear us in your love.

For all Christians: that they may never separate the commandments of love. We pray in faith.

R: Lord, hear us in your love.

For the world in which we live: that love and peace may prevail over hate and violence. We pray in faith.

R: Lord, hear us in your love.

That we may never forget the words of Christ: 'everybody will know that you disciples of mine if you love one another'. We pray in faith.

R: Lord, hear us in your love.



### **Communion Reflection**

**Event the scantiest reading of the Gospels  
will show that Christ was a man of faith.  
His life in fact has no meaning  
without reference to the Father.**

**Often we read how at the end of a busy day  
he escaped to lonely place to pray.  
It would be fair to say  
that the whole purpose of his life on earth  
was to worship and serve his heavenly father.**

**Yet from another point of view  
you could say that his whole life  
was one of total service of others.**

**Is there a contradiction here?  
No, for he spoke of two great commandments.  
The first- we should love God.  
The second- that we should love our neighbour.  
He did not say that they were the same thing;  
rather, that they are like the two sided of the coin.**

**If we want the total Gospel  
we must have both.  
He himself showed us how to do this.**