



Liturgy Cycle A

Eighth Sunday Of The Year

Do Not Worry

Introduction

At times we allow our problems to get us down. We fear, fret and worry about many things, and lose sight of the one thing necessary, which is to live a life pleasing to our heavenly Father. Let us try during this Eucharist to place our lives in his hands, and to leave all other cares and worries to him.

First Reading (Isaiah 49: 14-15)

The message of this is short and sweet. It is that, come what may, God will never forget us.

Second Reading (1Cor 4: 1-5)

God is the only one who can judge rightly, because he alone knows the secret of the heart.

Gospel (Matthew 6: 24-34)

Christ urges us to avoid useless fretting and worrying about material things, and to place our lives in the hands of our Heavenly Father, to whom we are important and precious.

Prayer of the faithful

Let us pray to God our Father for greater trust in him, and for a better insight into what is important in life.

R: Father, hear our prayer.

For the pope and the bishops: that they may help the People of God to keep their hearts and minds on the Kingdom of God. We pray to God our Father.

R: Father, hear our prayer.

For all government: that they may spare no efforts to ensure that everybody has the basics of life, and so become instruments of God's providence. We pray to God our Father.

R: Father, hear our prayer.



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For all those who are overburdened with problems and worries: that they may place themselves in the hands of God. We pray to God our Father.

R: Father, hear our prayer.

That we may not allow ourselves to get upset over material cares and worries; that our priority may be to do the will of God in our lives. We pray to God our Father.

R: Father, hear our prayer.

Communion Reflection

Lord,

**I have no idea where I'm going,
I do not see the road ahead of me,
I cannot know for certain where it will end.
Nor do I really know myself.**

**And the fact that I think I am doing your will
does not mean that I am actually doing it.
But I believe that the desire to please you
does in fact please you, and I hope that I have this desire.**

**I know that if I do this
you will lead me to the right road,
though I know nothing about it.
Therefore I trust you always.
Though I may seem to be lost and in the shadow of death,
I will not fear, for you are with me,
and you will never leave me face my perils alone.**