

# Liturgy Alive of Fourteenth Sunday of the Year

## 14th Sunday in Ordinary Time (A)

**A. Joy for the Humble of Heart**

**B. I Will Give you Rest**

### Greeting (See the Gospel)

It is Our Lord Jesus who invites:

“Come to me, all you who labor

and are overburdened

and I will give you rest.

Learn from me,

for I am gentle and humble of heart.”

May this gentle Lord always stay with you.

### Introduction by the Celebrant

#### *A. Joy For The Humble Of Heart*

Those who are aware of their poverty, of the burdens they have to carry in life, and are at the same time humble enough to acknowledge their need before others are the ones who can find consolation from others too. Today we hear Jesus who makes himself humble for the humble. He helps us carry the crosses of life if we acknowledge that we cannot carry them alone. Let us join him at his table where he will give us the food of strength.

#### *B. I Will Give You Rest*

When we are discouraged and troubled, it is good to have a reliable friend to go to and to pour out your heart to. I hope you have such a friend and that you are not too proud to unburden yourself. What kind of friend will that be? Someone who can listen, someone gentle, who has time for you. Jesus offers himself to us today as such an understanding friend, gentle and humble, who can give us peace.

### Penitential Act

Let us come before our Lord  
with the burden of our sins.

(PAUSE)

Lord Jesus, you lived in the Father's glory  
and you humbled yourself  
by becoming human with us:

Lord, have mercy. R/ Lord, have mercy.

Jesus Christ, Son of the Father in heaven,  
you made yourself poor with us:

Christ, have mercy. R/ Christ, have mercy.

Lord Jesus, you are the Master,

and yet you made yourself our servant:  
Lord, have mercy. R/ Lord, have mercy.  
In your mercy, Lord,  
take away from us the burden of our sins  
and lead us to everlasting life. R/ Amen.

### **Opening Prayer**

Let us praise God  
and be open to his gifts

(PAUSE)

Father, Lord of heaven and earth,  
we bless you with Jesus your Son  
for revealing to us how much you love us.  
Make us humble and receptive,  
that we may be open to the Good News,  
for you show yourself to those  
who are aware of their poverty.  
Fill that poverty with your tenderness  
and with the trust that you care for us.  
Let your peace and rest dwell in us  
even in the struggles of life,  
as we try to be good disciples of Jesus.  
We ask you this through Christ our Lord. R/ Amen.

### **First Reading Introduction: The Savior Will Triumph By Humility**

Our saving king will bring us peace not with weapons and power but by his humility.

### **Second Reading Introduction: Let Christ's Spirit Live In You**

According to St. Paul, the Spirit of Christ must live in our hearts. This Spirit will raise us up to eternal life.

### **Gospel Introduction: I Am Gentle And Humble Of Heart**

God gives himself not to the self-sufficient but to the humble, for they are open to God. Christ will free them from burdens invented by people and teach them to carry the easy burden of loving service.

### **General Intercessions**

Let us pray to Jesus our Lord, who teaches people the true wisdom of compassion and love. Let us say:  
R/ Lord, hear our prayer.

- Lord Jesus, teach the wise and the learned to become little and humble, that you may reveal to them the Father's love, we pray: R/ Lord, hear our prayer.
- For those who have to carry heavy burdens, let them know the gentle yoke of the Gospel, that they may understand the love of the Father, we pray: R/ Lord, hear our prayer.
- For those responsible for the welfare of nations, teach them to forsake wars and seek peace in

justice, that they may come to know the love of the Father, we pray: R/ Lord, hear our prayer.

- For those who choose to serve the poorest, let them not get discouraged, that they may experience the love of the Father, we pray: R/ Lord, hear our prayer.
- For all of us in our Christian communities, let us find in the prayers and the bread we share the peace you have promised, we pray: R/ Lord, hear our prayer.

Lord Jesus, it is good to be with you here. Listen to us, for you know us and you want us to be happy. You are our Lord for ever. R/ Amen.

### **Prayer Over the Gifts**

Lord our God,  
in these simple signs of bread and wine  
your Son comes among us today  
to be our companion on the road  
and to help us carry our burdens.  
May we learn from him  
to go all the way with one another  
on the humble road of serving love.  
We ask you this through Christ our Lord. R/ Amen.

### **Introduction to the Eucharistic Prayer**

Let us bless and thank God our Father, for he showed his mercy to us in letting his Son Jesus share in the humble condition of our human life.

### **Invitation to the Lord's Prayer**

With the humility of God's children  
we pray to our Father in heaven  
the prayer given us by Jesus.

### **Deliver Us**

Deliver us Lord, from every evil  
and grant us peace in our day  
not by the force of weapons  
but by the humble service of person to person  
and the gentleness of the nonviolent.  
Keep us free from sin  
as we prepare with hope and joy  
the full coming among us  
of our Lord and Savior Jesus Christ.

### **Invitation to Communion**

This is Jesus the Lord,  
who speaks to us now:  
come to me, all you that labor  
and are burdened,  
and I will give you rest.  
Happy are we  
to receive that peace and rest from him.

### **Prayer after Communion**

Lord of heaven and earth,  
we praise you for showing yourself to us  
in the gentle and humble heart of Jesus.  
Uplifted by his word and his bread of life  
may we admit how poor and little we are  
and learn to give time and attention to the weary.  
May we speak your encouraging word to them,  
that all who seek you may find among us  
your Son, Jesus Christ our Lord. R/ Amen.

### **Blessing**

We are about to return to a world  
often manipulated by the mighty and the violent.  
Let us not be among the violent,  
because we have a Lord  
who is gentle and humble of heart  
and who asks us to follow him.  
May Almighty God bless you all,  
the Father, and the Son, and the Holy Spirit. R/ Amen.  
Go in peace and follow the Lord  
along the way with one another.  
R/ Thanks be to God.