

# 100 FOURTEENTH SUNDAY IN ORDINARY TIME

## FIRST READING

Zechariah 9.9-10

*Lo, your king comes to you, humble and riding on a donkey.*

A reading from the book of the prophet Zechariah.

- 9 Rejoice greatly, O daughter Zion!  
Shout aloud, O daughter Jerusalem!  
Lo, your king comes to you;  
triumphant and victorious is he,  
humble and riding on a donkey,  
on a colt, the foal of a donkey.
- 10 He will cut off the chariot from Ephraim  
and the war horse from Jerusalem;  
and the warrior's 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.

The word of the Lord.

*A period of silence is observed after the reading.*

## RESPONSORIAL PSALM

Psalm 145.1-2, 8-9, 10-11, 13cd-14 (R.1b)

**R.** I will praise your name for ever,  
my king and my God.

*or: Alleluia! (Two or three times)*

- 1 I will extol you, my God and King,  
and bless your name forever and ever.
- 2 Every day I will bless you,  
and praise your name forever and ever. **R.**
- 8 The Lord is gracious and merciful,  
slow to anger and abounding in steadfast love.
- 9 The Lord is good to all,  
and his compassion is over all that he has made. **R.**
- 10 All your works shall give thanks to you, O Lord,  
and all your faithful shall bless you.
- 11 They shall speak of the glory of your kingdom,  
and tell of your power. **R.**

- 13 The Lord is faithful in all his words,  
and gracious in all his deeds.  
14 The Lord upholds all who are falling,  
and raises up all who are bowed down. **R.**

## SECOND READING

Romans 8.9, 11-13

If by the Spirit you put to death the deeds of the body,  
you will live.

A reading from the letter of Paul to the Romans.

- 9 My sisters and brothers,  
you are not in the flesh;  
you are in the Spirit,  
since the Spirit of God dwells in you.  
Anyone who does not have the Spirit of Christ  
does not belong to him.
- 11 If the Spirit of God who raised Jesus from the dead dwells in you,  
he who raised Christ from the dead  
will give life to your mortal bodies also  
through his Spirit that dwells in you.
- 12 So then, brothers and sisters, 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.

The word of the Lord.

A period of silence is observed after the reading.

## GOSPEL ACCLAMATION

See Matthew 11.25

This verse may accompany the singing of the Alleluia.  
If the Alleluia is not sung, the acclamation is omitted.  
Blessed are you, Father, Lord of heaven and earth;  
you have revealed to little ones the mysteries of the kingdom.

## GOSPEL

**Matthew 11.25-30**

**I am gentle and humble in heart.**

✠ A reading from the holy gospel according to Matthew.

- 25 At that time Jesus said,  
“I thank you, Father, Lord of heaven and earth,  
because you have hidden these things  
from the wise and the intelligent  
and have revealed them to infants;  
26 yes, Father, for such was your gracious will.”  
Then, turning to his disciples, Jesus said:  
27 “All things have been handed over to me by my Father;  
and no one knows the Son except the Father,  
and no one knows the Father except the Son  
and anyone to whom the Son chooses to reveal him.  
28 “Come to me, all you that are weary  
and are carrying heavy burdens,  
and I will give you rest.  
29 Take my yoke upon you, and learn from me;  
for I am gentle and humble in heart,  
and you will find rest for your souls.  
30 For my yoke is easy, and my burden is light.”  
The gospel of the Lord.