



# THE LORD'S DAY AT HOME

FOURTEENTH SUNDAY IN ORDINARY TIME  
5th July 2020

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish, this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your Sunday prayers.

## THE INTRODUCTORY RITES

### Sign of the Cross

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

**A: Amen.**

### Introduction

L: Today we hear a very familiar – and very comforting – passage from the Gospel: Jesus praises the innocence of children, and then invites us all to take his yoke on our shoulders. Jesus is the gentle one, who aids us and brings us rest. In our prayers today let us think of our burdens, at home or work or school, and consider how we can let the gentle Jesus help us as we accept his yoke. We praise our God this Sunday as we say:

### Gloria

**A: Glory to God in the highest, and on earth peace to people of good will. We praise you, we bless you, we adore you, we glorify you, we give you thanks for your great glory, Lord God, heavenly King, O God, almighty Father. Lord Jesus Christ, Only Begotten Son, Lord God, Lamb of God, Son of the Father, you take away the sins of the world, have mercy on us; you take away the sins of the world, receive our prayer; you are seated at the right hand of the Father, have mercy on us. For you alone are the Holy One, you alone are the Lord, you alone are the Most High, Jesus Christ, with the Holy Spirit, in the glory of God the Father. Amen.**

### Opening prayer

L: Let us pray.

O God, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy

joy, for on those you have rescued from slavery to sin you bestow eternal gladness. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

**A: Amen.**

## THE LITURGY OF THE WORD

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

The Lord says this: Rejoice heart and soul, daughter of Zion! Shout with gladness, daughter of Jerusalem! See now, your king comes to you; he is victorious, he is triumphant, humble and riding on a donkey, on a colt, the foal of a donkey. He will banish chariots from Ephraim and horses from Jerusalem; the bow of war will be banished. He will proclaim peace for the nations. His empire shall stretch from sea to sea, from the River to the ends of the earth.

The Word of the Lord.

**A: Thanks be to God.**

### Gospel reading      *Matthew 11:25-30*

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him. 'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

The Gospel of the Lord.

**A: Praise to you, Lord Jesus Christ!**

### Reflection

"Shoulder my yoke" is probably one of the Lord's more famous sayings – but when did we last stop to think what it actually means? A yoke is a device which ties two beasts of burden together – oxen, donkeys, camels, horses – so that they can share the task of pulling a heavy weight. The image of a yoke has been used in the past to talk about oppression or enslavement – we are forced to do things we do not want to do. But the yoke of Jesus is different, if we submit to him. But there is something more: normally a yoke ties two animals together. So who is on the other side of Jesus' yoke? Surely Jesus himself! This is why his yoke is easy and the burden light – because he carries it with us. This is, after all the meaning of his whole life on this earth, even to death on the cross." So when Jesus says, "come to me, you who are overburdened," it is not just words: he is slipping into the yoke of grief, unemployment, injustice, conflict, fear and suffering, to carry *side by side with us*, the weights and woes of life.

### A Thought for our Younger Friends

Have you ever seen a donkey? They are funny, soft, lovable creatures! Try drawing one for your family today. There was an odd image in the first reading today – a king on a donkey! That sounds wrong somehow – but we know it sounds right for Jesus! He is the gentle king, the friendly king, the king who is a friend to children, plays with them and praises them and gives thanks for them. He is the gentle king who helps us when we struggle. He is the king who is your friend – today and every day. And even more, like a

little donkey Jesus helps us to carry our worries. Quietly ask him if you need his help now.

### **Profession of Faith**

**I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

### **Intercessions**

L: "Come to me all you who labour and are overburdened, and I will give you rest" says Jesus. Let us bring our burdens, and those of the world to him in prayer.

L: We pray for anyone we know carrying heavy burdens at this time, whether of body, mind or spirit. May the gentle Jesus help them Lord, in your mercy ...

**A: Hear our prayer.**

L: We pray for the world, especially for an end to injustice and unfairness, which places burdens on human shoulders, especially the poor. Lord, in your mercy ...

**A: Hear our prayer.**

L: Let us pray for all rulers and leaders, that they may imitate the humility of Jesus, the king who rides a donkey. Lord, in your mercy ...

**A: Hear our prayer.**

Please add your own prayers for the needs of the Church, the world and your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.

## **THE COMMUNION RITE**

### **The Lord's Prayer**

L: At the Saviour's command and formed by divine teaching, we dare to say:

**A: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.**

L: May all that we offer to the glory of your name purify us, O Lord, and day by day bring our conduct closer to the life of heaven. Through Christ our Lord.

**A: Amen.**

### **Preparation for Spiritual Communion**

L: Loving Father, in you we live and move and have our being, and while in this body we not only experience the daily effects of your care, but even now possess the pledge of life eternal. For, having received the first fruits of the Spirit, through whom you raised up Jesus from the dead, we hope for an everlasting share in the Paschal Mystery. At the Last Supper Jesus showed the fullness of your love, as he gave his Body and Blood for his people. Even though we are not in Church, and not able to receive communion today, we open our minds and hearts now to your generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

### **Spiritual Communion**

**A: My Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.**

Pause for a moment of silent prayer and reflection.

### **Thanksgiving Psalm**

L: I will bless your name for ever, O God my King.

**A: I will bless your name for ever, O God my King.**

L: I will give you glory, O God my king, I will bless your name for ever. I will bless you day after day and praise your name for ever.

**A: I will bless your name for ever, O God my King.**

L: The Lord is kind and full of compassion, slow to anger, abounding in love.

How good is the Lord to all, compassionate to all his creatures.

**A: I will bless your name for ever, O God my King.**

L: All your creatures shall thank you, O Lord, and your friends shall repeat their blessing.

They shall speak of the glory of your reign and declare your might, O God.

**A: I will bless your name for ever, O God my King.**

L: The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down.

**A: I will bless your name for ever, O God my King.**

## **THE CONCLUDING RITES**

### **Final Prayer and Blessing**

L: Let us pray.

Grant, we pray, O Lord, that, having been replenished by your many great gifts, we may gain the prize of salvation and never cease to praise you. Through Christ our Lord.

**A: Amen.**

L: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

**A: Amen.**

L: Let us bless the Lord!

**A: Thanks be to God!**