

THE FIFTH SUNDAY AFTER TRINITY

COLLECT

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

FIRST READING Zechariah 9.9-12

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.
He will cut off the chariot from Ephraim
and the warhorse from Jerusalem;
and the battle-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.
As for you also, because of the blood of my covenant
with you,
I will set your prisoners free from the waterless pit.
Return to your stronghold, O prisoners of hope;
today I declare that I will restore to you double.

RESPONSORIAL PSALM 144

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

1. 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. R.
2. 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. R.
3. 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. R.
4. 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. R.

SECOND READING Romans 7.15-25

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

GOSPEL ACCLAMATION

Alleluia, Alleluia!
Blessed are you, Father,
Lord of heaven and earth,
For revealing the mysteries of the kingdom to mere children.
Alleluia!

GOSPEL Matthew 11.16-19,25-30

'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

"We played the flute for you, and you did not dance;
we wailed, and you did not mourn."

For John came neither eating nor drinking, and they say, "He has a demon"; the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

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; yes, Father, for such was your gracious will. 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.

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. 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. For my yoke is easy, and my burden is light.'

POST COMMUNION

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son Jesus Christ our Lord.

