

FOR OUR MEDITATION

Why are the poor in spirit blessed?

Being poor in spirit means knowing that everything comes from God. Those who rely on him will receive his kingdom.

This week's readings

2 Mon	The Presentation of the Lord Mal 3:1-4 △ Heb 2:14-18 Lk 2:22-40 △ 2:22-32
3 Tue	Blessed Justo Takayama Ukon, Martyr 2 Sm 18:9-10, 14, 24-25, 30~19:3 Mk 5:21-43
4 Wed	2 Sm 24:2, 9-17 Mk 6:1-6
5 Thu	St. Paul Miki and His Companions, Martyrs (26 Martyrs of Japan) Gal 2:19-20 Mt 28:16-20
6 Fri	St. Agatha, Virgin and Martyr Sir 47:2-11 Mk 6:14-29
7 Sat	1 Kgs 3:4-13 Mk 6:30-34
8 Sun	Fifth Sunday in Ordinary Time (A) ① Is 58:7-10 ② 1 Cor 2:1-5 Mt 5:13-16

Illustration: "Who are the happy people?" By Albert Carpentier, o.p., 2026

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SUNDAY LITURGY

4th Sunday in ordinary time (A)



INTRODUCTION:

Our God sees things differently than we do, and his blessings are for everyone. In today's readings, we hear about people the world may overlook—those who are weak, poor, or humble. But God lifts them up. God sees their faith and their trust. In the Gospel, and Jesus shows us the path to holiness. In each beatitude, he lifts up someone the world often overlooks—those who mourn, who hunger for justice, who are gentle and merciful. He offers comfort and reward to those who suffer for his name. Humbly, let us ask for the grace to understand these beatitudes and live them.

PENITENTIAL ACT

Let us ask pardon from the Lord for bragging about ourselves and especially for failing to listen to his word and follow him humbly.

Lord Jesus, you were poor and happy. Make us more like you. Lord, have mercy.

LORD, HAVE MERCY.

Jesus Christ, you were gentle and humble. Make us more like you: Christ, have mercy.

CHRIST, HAVE MERCY.

Lord Jesus, you were persecuted and yet serene. Make us more like you. Lord, have mercy.

LORD, HAVE MERCY.

Be gentle and compassionate toward us, your sinful people. Make us happy with your forgiveness and lead us to everlasting life. AMEN.

OPENING PRAYER

Let us pray that we may discover and experience God's enduring happiness.

God our Father, you invite us to be poor, gentle, humble, merciful, just, and peacemakers. Help us to obey you, to love you with all our hearts, and to love our brothers and sisters freely as you love them. Make us straight-forward and sincere to weep with those who mourn, hunger and thirst with those who seek justice, and that your happiness may be ours. We ask this, through Christ our Lord.

AMEN.

FIRST READING: Zep 2:3; 3:12-13

(*God lives among the poor and the humble.*)

Zephaniah calls people to be humble and do what is right. He reminds us that God watches over those who trust him and live simply.

A reading from the prophet Zephaniah

Seek the Lord all you, the humble of the earth, who obey his commands. Seek integrity, seek humility: you may perhaps find shelter on the day of the anger of the Lord. In your midst I will leave a humble and lowly people, and those who are left in Israel will seek refuge in the name of the Lord. They will do no wrong, will tell no lies; and the perjured tongue will no longer be found in their mouths. But they will be able to graze and rest with no one to disturb them.

The word of the Lord.

R/ THANKS BE TO GOD.

RESPONSORIAL PSALM: Ps 146 (145)

R/ HAPPY THE POOR IN SPIRIT;

THE KINGDOM OF HEAVEN IS THEIRS!

1. It is he who keeps faith for ever, who is just to those who are oppressed. It is he who gives bread to the hungry, the Lord, who sets prisoners free.

R/

2. It is the Lord who gives sight to the blind, who raises up those who are bowed down, the Lord, who protects the stranger and upholds the widow and orphan.

R/

3. It is the Lord who loves the just but thwarts the path of the wicked. The Lord will reign for ever, Zion's God, from age to age.

R/

SECOND READING: 1 Cor 1:26-31

(God chooses the lowly.)

Paul reminds the Corinthians that God often chooses those who seem weak or unimportant. This shows that human strength and status do not matter to God. Real wisdom comes from following Christ, not from human success.

A reading from the letter of Paul to the Corinthians

Take yourselves, brothers, at the time when you were called: how many of you were wise in the ordinary sense of the word, how many were influential people, or came from noble families? No, it was to shame the wise that God chose what is foolish by human reckoning, and to shame what is strong that he chose what is weak by human reckoning; those whom the world thinks common and contemptible are the ones that God has chosen - those who are nothing at all to show up those who are everything. The human race has nothing to boast before God, but you, God have made members of Christ Jesus and by God's doing he has become our wisdom, and our virtue, and our holiness, and our freedom. As scripture says: if anyone wants to boast, let him boast about the Lord.

The word of the Lord.

R/ THANKS BE TO GOD.

GOSPEL ACCLAMATION: Mt 5:12

Alleluia, alleluia!

Rejoice and be glad; your reward will be great in heaven.
Alleluia!

GOSPEL: Mt 5:1-12

(Who are the happy people?)

The Sermon on the Mount is not about power or success but about humility and trust in God. Being "poor in spirit" means letting go of pride and personal ambition. Jesus says the Kingdom of God is not in the future but already here for those who live with openness and surrender.

A reading from the holy gospel according to Matthew

Seeing the crowds, Jesus went up the hill. There he sat down and was joined by his disciples. Then he began to speak. This is what he taught them:

"How happy are the poor in spirit; theirs is the kingdom of heaven. Happy the gentle: they shall have the earth for their heritage. Happy those who mourn: they shall be comforted. Happy those who hunger and thirst for what is right: they shall be satisfied. Happy the merciful: they shall have mercy shown them. Happy the pure in heart: they shall see God. Happy the peacemakers: they shall be called children of God. Happy those who are persecuted in the cause of right: theirs is the kingdom of heaven.

"Happy are you when people abuse you and persecute you and speak all kinds of calumny against you on my account. Rejoice and be glad, for your reward will be great in heaven."

The Gospel of the Lord.

R/ PRAISE TO YOU LORD JESUS CHRIST.

GENERAL INTERCESSIONS:

Let us pray to the Lord for ourselves and for the world that we may embody justice, love, and solidarity in our lives, and let us say:

LORD, MAKE US HUMBLE OF HEART.

That the Church will continue to witness to the word of God with integrity, serenity, and efficiency, let us pray to the Lord:

LORD, MAKE US HUMBLE OF HEART.

That all Christians may learn that true strength comes from trusting in God, not in our own power, let us pray to the Lord:

LORD, MAKE US HUMBLE OF HEART.

That we may become authentic peacemakers, hunger for what is right, and lead others to mutual respect and genuine dialogue, let us pray to the Lord:

LORD, MAKE US HUMBLE OF HEART.

That those persecuted for the cause of the kingdom may rejoice in Christ's promise of salvation, let us pray to the Lord:

LORD, MAKE US HUMBLE OF HEART.

That we may learn to love like our Lord, without discrimination, to create enduring friendship, and to serve enthusiastically, let us pray to the Lord:

LORD, MAKE US HUMBLE OF HEART.

Loving Father, you have shown us the way to true and lasting happiness. As we strive to do your will, receive these prayers we offer. Come to our assistance all the way and keep us in your love, now and for ever.

AMEN.

PRAYER OVER THE GIFTS

God our Father, we bring to your altar this bread and wine of our service: be pleased to receive them, we pray, and transform them into the sacrament of our redemption. Let us experience life as a gift from you and teach us to give ourselves as we are, through Jesus Christ our Lord.

AMEN.

INTRODUCTION TO THE LORD'S PRAYER

Aware that we are dependent on God, we pray the trusting prayer of his own Son, Jesus:

OUR FATHER...

COMMUNION SONG or COMMUNION ANTIPHON:

Mt 5:3,5

Blessed are the poor in spirit, for theirs is the Kingdom of heaven! Blessed are the meek, for they shall possess the land.

PRAYER AFTER COMMUNION

Our God and Father, nourished by the fruit of the Eucharist, we pray, give the true faith continued growth throughout the world. Make us your happy people, whose love and humility can bring laughter to sad eyes, and hope and joy to exhausted hearts. We ask this, through Christ our Lord.

AMEN.