

Reading for the Fourteenth Sunday in Ordinary Time

5th July 2026

First reading

Zechariah 9:9-10

‘Behold, your king is coming to you, humble.’

Thus says the Lord:

Rejoice greatly, O daughter of Sion! Shout aloud, O daughter of Jerusalem!

Behold, your king is coming to you; righteous and having salvation is he, humble and mounted on a donkey, on a colt, the foal of a donkey.

I will cut off the chariot from Ephraim and the war horse from Jerusalem; and the battle bow shall be cut off, and he shall speak peace to the nations; his rule shall be from sea to sea, and from the River to the ends of the earth.

Responsorial Psalm

Ps 145(144):1-2. 8-9. 10-11. 13c-14. R̄ cf. 1

I will bless your name for ever, my God and king.

or: Alleluia.

I will extol you, my God and king, and bless your name for ever and ever.

I will bless you day after day, and praise your name for ever and ever.

The Lord is kind and full of compassion, slow to anger, abounding in mercy.

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

All your works shall thank you, O Lord, and all your faithful ones bless you.

They shall speak of the glory of your reign, and declare your mighty deeds.

The Lord is faithful in all his words, and holy in all his deeds.

The Lord supports all who fall, and raises up all who are bowed down.

Second reading

Romans 8:9, 11-13

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

Brothers and Sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you.

Anyone who does not have the Spirit of Christ does not belong to him. If the Spirit of him who raised

Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your

mortal bodies through his Spirit who dwells in you. So then, brothers and sisters, we are debtors, not to

the flesh, to live according to the flesh. 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.

Gospel Acclamation

Cf. Matthew 11:25

Alleluia, alleluia.

I thank you, Father, Lord of heaven and earth,

you have revealed the secrets of the kingdom to little children.

Alleluia.

Gospel

Matthew 11:25-30

‘I am gentle and lowly in heart.’

At that time Jesus declared, ‘I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; 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 who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

Short reflection on the reading for today

Sometimes we get up in the morning carrying the guilt of our yesterday’s mistakes. Our Lord Jesus Christ does not want us to do that. He wants us to be filled with enthusiasm to do His tasks. How can our Lord use if we are tired by thinking about our yesterday’s guilt?

So even if you are carrying your guilt, your burden of tomorrow, our Lord Jesus Christ says, “Come to Me.”

Our Lord does not promise that every difficulty will disappear. Rather, He promises that we will never carry them alone.

Our Lord surprises us by saying, “Take my yoke upon you... for my yoke is easy and my burden is light.” At first this seems like a contradiction. How can a yoke be easy?

The answer lies in understanding who carries it with us.

In the villages of ancient Israel, a young ox was often yoked together with an older, stronger ox. The experienced animal bore most of the weight and guided the younger one along the path.

That is what Christ does for us. He never asks us to carry life by ourselves.

Our Lord is asking us to surrender our problems to Him, and keep doing what we need to do.

Our Lord Jesus does not want us to carry our anxiety with us. He wants us to share all our worries (and joys) with Him.