

Reading for Weekday in Ordinary Time

1st September 2026

First reading

1 Corinthians 2:10b-16

‘The natural person does not accept the things of the Spirit of God; the spiritual person judges all things.’

Brothers and Sisters: The Spirit searches everything, even the depths of God. For who knows a person's thoughts except the spirit of that person, which is in him? So also no one comprehends the thoughts of God except the Spirit of God. Now we have received not the spirit of the world, but the Spirit who is from God, that we might understand the things freely given us by God. And we impart this in words not taught by human wisdom but taught by the Spirit, interpreting spiritual truths to those who are spiritual.

The natural person does not accept the things of the Spirit of God, for they are folly to him, and he is not able to understand them because they are spiritually discerned. The spiritual person judges all things, but is himself to be judged by no one. ‘For who has understood the mind of the Lord so as to instruct him?’ But we have the mind of Christ.

Responsorial Psalm

Ps 145(144):8-9. 10-11. 12-13b. 13c-14. R17a

The Lord is just in all his ways.

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.

To make known your might to the whole human race, and the glorious splendour of your reign.

Your kingdom is an everlasting kingdom; your rule endures for all generations.

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.

Gospel Acclamation

Luke 7:16

Alleluia, alleluia.

A great prophet has arisen among us

and God has visited his people!

Alleluia.

Gospel

Luke 4:31-37

‘I know who you are — the Holy One of God.’

At that time: Jesus went down to Capernaum, a city of Galilee. And he was teaching them on the Sabbath, and they were astonished at his teaching, for his word possessed authority. And in the synagogue there was a man who had the spirit of an unclean demon, and he cried out with a loud voice, ‘Ha! What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are — the Holy One of God.’ But Jesus rebuked him, saying, ‘Be silent and come out of him!’ And when the demon had thrown him down in their midst, he came out of him, having done him no harm. And they were all amazed and said to one another, ‘What is this word? For with authority and power he commands the unclean spirits, and they come out!’ And reports about him went out into every place in the surrounding region.

Short reflection on the reading for today

Much of the time, life plods quietly along, routine setting the pace of each day. But Paul urges us to take a higher view of things and be in a state of ongoing conversion, so as to value the spiritual dimension of ourselves. The [merely] natural person is hardly aware of the Spirit of God. But the Spirit is there to help us be our full selves. When Paul says “we have the mind of Christ,” this guiding principle is available to us too.

Even if we stubbornly cling to what is familiar, there is still hope. Just as he did for the troubled man in Capernaum, God can come into our lives to drive out whatever anxiety or fear is holding us back. Like the people in that synagogue, we listen spellbound to Jesus, for his words have the divine ring of truth. Let him speak to our heart and pour freshness into the dark reserves of our unconscious. If we feel our need, we can ask him to set us free from any addiction or compulsion that may ail us. It is through our closeness to Jesus that we can develop our full potential.