

Reading for the Solemnity of the Most Sacred Heart of Jesus

June 12th 2026

First reading

Deuteronomy 7:6-11

‘The Lord loves you and chose you.’

Moses spoke to the people: ‘You are a people holy to the Lord your God. The Lord your God has chosen you to be a people for his treasured possession, out of all the peoples who are on the face of the earth. It was not because you were more in number than any other people that the Lord set his love on you and chose you, for you were the fewest of all peoples, but it is because the Lord loves you and is keeping the oath that he swore to your fathers, that the Lord has brought you out with a mighty hand and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt. Know therefore that the Lord your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations, and repays to their face those who hate him, by destroying them. He will not be slack with one who hates him. He will repay him to his face. You shall therefore be careful to do the commandment and the statutes and the rules that I command you today.’

Responsorial Psalm

Ps 103(102):1-2. 3-4. 6-7. 8, 10. R cf.17

The mercy of the Lord is everlasting upon those who hold him in fear.

Bless the Lord, O my soul,

and all within me, his holy name.

Bless the Lord, O my soul,

and never forget all his benefits.

It is the Lord who forgives all your sins,

who heals every one of your ills,

who redeems your life from the grave,

who crowns you with mercy and compassion.

The Lord does deeds of justice,

gives full justice to all who are oppressed.

He made known his ways to Moses,

and his deeds to the children of Israel.

The Lord is compassionate and gracious,

slow to anger and rich in mercy.

He does not treat us according to our sins,

nor repay us according to our faults.

Second reading

1 John 4:7-16

‘God loved us.’

Beloved, let us love one another, for love is from God, and whoever loves has been born of God and knows God. Anyone who does not love does not know God, because God is love. In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. No one has ever seen God; if we love one another, God abides in us and his love is perfected in us. By this we know that we abide in him and he in us, because he has given us of his Spirit. And we have seen and testify that the Father has sent his Son to be the Saviour of the world. Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.

Gospel Acclamation

Matthew 11:29ab

Alleluia, alleluia.

Take my yoke upon you, says the Lord,
and learn from me, for I am gentle and lowly in heart.

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

A picture of the Sacred Heart was a hugely popular image of Christ for generations of Catholics. It speaks of the love of Christ, a love most totally shown upon the cross. The pierced heart of Christ proclaims that “greater love” of which Jesus says: “No one can have greater love than to lay down one’s life for one’s friends.” The image of the Sacred Heart offered the message of love in a very personal way, echoes in St Paul’s words, “I live by faith in the Son of God who loved me and gave himself for me.” St John gives us one of the shortest yet most profound statements about God in all of the Bible: “God is love.” He adds that “God’s love was revealed when God sent into the world his only Son.”

Jesus is the supreme revelation of God who is love. All authentic love is life-giving and that is uniquely true of Jesus, the revelation of God’s love. In the gospel, He uses the image of “resting” to speak of that love. He invites all who are burdened to come to him and to find rest, to find life. Even a slight inkling of the tremendous love of God for us can have a transforming effect. It can empower us to love one another as God has loved us.