

FOURTH SUNDAY IN ORDINARY TIME

STAND

ENTRANCE ANTIPHON *Ps 105: 47*
Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.

ENTRANCE HYMN

Christ be beside me,
Christ be before me,
Christ be behind me,
King of my heart,
Christ be within me,
Christ be below me,
Christ be above me,
Never to part.

Christ on my right hand,
Christ on my left hand,
Christ all around me,
Shield in the strife.
Christ in my sleeping,
Christ in my sitting,
Christ in my rising,
Light of my life.

Priest: In the name of the Father and
of the Son, and of the Holy
Spirit.

People: **Amen.**

Grace to you and peace from God our
Father

and the Lord Jesus Christ.

And with your spirit.

PENITENTIAL ACT

Brethren (Brothers and sisters),
let us acknowledge our sins,
and so prepare ourselves to
celebrate the sacred mysteries.

I confess to almighty God
and to you, my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done and in what I have
failed to do,

Striking your breast as you say:

through my fault, through my fault,
through my most grievous fault;

therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

The absolution by the priest follows:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.
Amen.



1st February 2026

Lord have mercy. Lord have mercy.
Christ have mercy. Christ have mercy.
Lord have mercy. Lord have mercy.

GLORIA

Glory to God in the highest,
and on earth peace to people of
good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great
glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten
Son,
Lord God, Lamb of God, Son of the
Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of
the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.

COLLECT

Grant us, Lord our God,
that we may honour you with all our
mind, and love everyone in truth of
heart.

Through our Lord Jesus Christ, your
Son, who lives and reigns with you in
the unity of the Holy Spirit,
God, for ever and ever.
Amen.

THE LITURGY OF THE WORD

SIT

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

**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.

Thanks be to God.

RESPONSORIAL PSALM*Ps 145:7-10. R Mt 5:3***R. How happy are the poor in spirit; theirs is the kingdom of heaven.**

1. It is the Lord 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*1:26-31***A reading from the first letter of St 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 about to God, but you, God has 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.

Thanks be to God.

STAND**ACCLAMATION***Mt 11:25*

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

GOSPEL 5:1-12

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, O Lord.

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 sons 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.

Praise to you, Lord Jesus Christ.**STAND****PROFESSION OF FAITH**

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial
with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
(All bow during the next three lines)
and by the Holy Spirit was incarnate
of the Virgin Mary,
and became man.

For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,



and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the
Father.

He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and
the Son,
who with the Father and the Son is
adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and
apostolic Church.
I confess one Baptism for the
forgiveness of sins
and I look forward to the resurrection
of the dead
and the life of the world to come.
Amen.

PRAYER OF THE FAITHFUL**LITURGY OF THE EUCHARIST****SIT****Raising the host, the priest says:**

Blessed are you, Lord, God of all creation, for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands, it will become for us the bread of life.
Blessed be God for ever.

The priest pours wine and a little water into the chalice, saying quietly:

By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity.

Raising the chalice, the priest says:

Blessed are you, Lord, God of all creation, for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands, it will become our spiritual drink.
Blessed be God for ever.

Bowing the priest says quietly:

With humble spirit and contrite heart may we be accepted by you, O Lord, and may our sacrifice in your sight this day be pleasing to you, O Lord.

Then the priest washes his hands, saying quietly:

Wash me, O Lord, from my iniquity; and cleanse me from my sin.

—STAND—

Facing the people the priest says:

Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

**May the Lord accept the sacrifice at
your hands
for the praise and glory of his name,
for our good, and the good of all
his holy Church.**

PRAYER OVER THE OFFERINGS

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them
into the Sacrament of our redemption.
Through Christ our Lord.

Amen.

EUCCHARISTIC PRAYER III

PREFACE III Sundays in Ordinary Time:

The Lord be with you.

And with your Spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just

It is truly right and just, our duty and
our salvation, always and everywhere
to give you thanks, Lord, holy Father,
almighty and eternal God.

For we know it belongs to your
boundless glory, that you came to the
aid of mortal beings with your divinity
and even fashioned for us a remedy
out of mortality itself,
that the cause of our downfall
might become the means of our
salvation, through Christ our Lord.
Through him the host of Angels
adores your majesty
and rejoices in your presence for ever.
May our voices, we pray, join with
theirs in one chorus of exultant praise,
as we acclaim:

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your
glory.**

Hosanna in the highest.

**Blessed is he who comes in the name
of the Lord.**

Hosanna in the highest.

—KNEEL—

You are indeed Holy, O Lord,
and all you have created
rightly gives you praise,
for through your Son our Lord Jesus

Christ, by the power and working of
the Holy Spirit, you give life to all
things and make them holy, and you
never cease to gather a people to
yourself, so that from the rising of the
sun to its setting a pure sacrifice may
be offered to your name.

Therefore, O Lord, we humbly implore
you: by the same Spirit graciously
make holy these gifts we have
brought to you for consecration, that
they may become the Body and ✠
Blood of your Son our Lord Jesus
Christ, at whose command we
celebrate these mysteries.

For on the night he was betrayed
he himself took bread, and, giving you
thanks, he said the blessing,
broke the bread and gave it to his
disciples, saying:

TAKE THIS, ALL OF YOU, AND EAT
OF IT,
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR
YOU.

In a similar way, when supper was
ended, he took the chalice,
and, giving you thanks, he said the
blessing, and gave the chalice to his
disciples, saying:

TAKE THIS, ALL OF YOU, AND
DRINK FROM IT,
FOR THIS IS THE CHALICE OF MY
BLOOD,
THE BLOOD OF THE NEW AND
ETERNAL COVENANT,
WHICH WILL BE POURED OUT
FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.
DO THIS IN MEMORY OF ME.

The mystery of faith:

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Then the Priest, with hands extended, says:

Therefore, O Lord, as we celebrate
the memorial of the saving Passion of
your Son,
his wondrous Resurrection and
Ascension into heaven, and as we
look forward to his second coming, we
offer you in thanksgiving this holy and
living sacrifice.

Look, we pray, upon the oblation of
your Church and, recognising the
sacrificial Victim by whose death
you willed to reconcile us to yourself,
grant that we, who are nourished by

the Body and Blood of your Son and
filled with his Holy Spirit, may become
one body, one spirit in Christ.
May he make of us an eternal offering
to you, so that we may obtain an
inheritance with your elect,
especially with the most Blessed
Virgin Mary, Mother of God,
with blessed Joseph, her Spouse, with
the blessed Apostles and glorious
Martyrs (with Saint **N.**, **the Saint of the
day or Patron Saint**) and with all the
Saints, on whose constant
intercession in your presence we rely
for unfailing help. May this Sacrifice of
our reconciliation, we pray, O Lord,
advance the peace and salvation of
all the world. Be pleased to confirm in
faith and charity your pilgrim Church
on earth, with your servant Leo, our
Pope, and **N.** our Bishop, his assistant
Bishop(s) the Order of Bishops, all the
clergy, and the entire people you have
gained for your own.

Listen graciously to the prayers of this
family, whom you have summoned
before you: in your compassion,
O merciful Father, gather to yourself
all your children scattered throughout
the world. To our departed brothers
and sisters and to all who were
pleasing to you at their passing from
this life, give kind admittance to your
kingdom. There we hope to enjoy for
ever the fullness of your glory

The Priest joins his hands.

through Christ our Lord,
through whom you bestow on the
world all that is good. †

*The Priest takes the chalice and the paten
with the host and, elevating both, he says:*

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever. **Amen.**

COMMUNION RITE

—STAND—

At the Saviour's command
and formed by divine teaching,
we dare to say:

Our Father, who art in heaven . . .

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress, as we await
the blessed hope and the coming of our
Saviour, Jesus Christ.

**For the kingdom, the power and the
glory are yours, now and for ever.**

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever. **Amen.**

The peace of the Lord be with you always.
And with your Spirit.

The priest may add these or similar words.
Let us offer each other the sign of peace.

The priest places a small piece of the host in the chalice saying quietly:

May this mingling of the body and blood of our Lord Jesus Christ bring eternal life to us who receive it.

Meanwhile the people sing or say:

Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: have mercy on us.
Lamb of God, you take away the sins of the world: grant us peace.



The priest says quietly:

May the receiving of your Body and Blood, Lord Jesus Christ, not bring me to judgment and condemnation, but through your loving mercy be for me protection in mind and body, and a healing remedy.

Raising the host the priest says:

Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

And together with the people he says once:

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

May the Body of Christ keep me safe for eternal life.

The Priest reverently consumes the Body of Christ.

Then he takes the chalice and says quietly:
May the Blood of Christ keep me safe for eternal life.

The Priest raises a host slightly and shows it to each of the communicants, saying:
The Body of Christ.
Amen.

COMMUNION ANTIPHON

Cf. Ps 30: 17-18

Let your face shine on your servant.

Save me in your merciful love.
O Lord, let me never be put to shame, for I call on you.

COMMUNION HYMN

This is my body, broken for you, bringing you wholeness, making you free.

Take it and eat it, and when you do, do it in love for me.

This is my blood poured out for you, bringing forgiveness, making you free.
Take it and drink it, and when you do, do it in love for me.

Back to my Father, soon I shall go. Do not forget me; then you will see I am still with you, and you will know you're very close to me.

Filled with my Spirit, how you will grow! You are my branches; I am the tree. If you are faithful, others will know you are alive in me.

Love one another – I have loved you, and I have shown you how to be free; serve one another, and when you do, do it in love for me.

PRIVATE PRAYER AFTER COMMUNION

My Jesus, increase my faith in the reality of your presence in this most blessed sacrament.

You are my Lord and my Lord really present under the appearances of bread and wine.

Yet it is so easy to become accustomed to this truth: to take you for granted in this sacrament as your townspeople took you for granted in spite of their momentary astonishment at the gracious words that came from your lips.

Lord you had the courage to speak the truth

even when you knew it would enrage.

Give me that same courage to bear witness to you

in the words and actions of my daily life.

Help me to brace myself for action;

to do all you command me to do.

I trust in you for you are my God: before you formed me, you knew me and you will fight with me against my weaknesses,

making me a pillar of iron, a wall of bronze, so that Satan and the materialistic world may never be able to overcome me and snatch me out of your loving hands.

PRAYER AFTER COMMUNION

Nourished by these redeeming gifts, we pray, O Lord, that through this help to eternal salvation true faith may ever increase. Through Christ our Lord.
Amen.

CONCLUDING RITES

The Lord be with you.
And with your Spirit.

Solemn Blessing – Ordinary Time No12

May the God of all consolation order your days in his peace and grant you the gifts of his blessing. **Amen.**

May he free you always from every distress and confirm your hearts in his love. **Amen.**

So that on this life's journey you may be effective in good works, rich in the gifts of hope, faith and charity, and may come happily to eternal life.
Amen.

And may the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever. **Amen.**

Go and announce the Gospel of the Lord.

Thanks be to God.

RECESSIONAL HYMN

**I, the Lord of sea and sky,
I have heard my people cry.
All who dwell in dark and sin
my hand will save.
I who made the stars of night,
I will make their darkness bright.
Who will bear my light to them?
Whom shall I send? (R)**

*R: Here I am, Lord. Is it I Lord?
I have heard you calling in the night.
I will go, Lord, if you lead me.
I will hold your people in my heart.*

**I, the Lord of snow and rain,
I have borne my people's pain.
I have wept for love of them.
They turn away.
I will break their hearts of stone,
give them hearts for love alone.
I will speak my word to them.
Whom shall I send?**