



USCCaruso  
Catholic Center

## Fourteenth Sunday in Ordinary Time

### Family Prayer Service

**Presider:** In the name of the Father and the Son and the Holy Spirit

Let us acknowledge the times which we have not been faithful to God.

Penitential Rite A

**All:** 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, say:)  
through my fault, through my fault,  
through my most grievous fault;  
(Then continue with:)  
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.

**Opening Prayer:**

**Presider:** O God, who in the abasement of your Son have raised up a fallen world, fill your faithful with holy joy, for on those you have rescued from slavery to sin you bestow eternal gladness. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever.

**All: Amen**

**A Reading from the Book of the Prophet Zechariah:**

*Zechariah 9:9-10*

Thus says the LORD:

Rejoice heartily, O daughter Zion, shout for joy, O daughter Jerusalem! See, your king shall come to you; a just savior is he, meek, and riding on an ass, on a colt, the foal of an ass. He shall banish the chariot from Ephraim, and the horse from Jerusalem; the warrior's bow shall be banished, and he shall proclaim peace to the nations. His dominion shall be from sea to sea, and from the River to the ends of the earth.

The Word of the Lord

## Responsorial Psalm

*Psalm 145:1-2, 8-9, 10-11, 13-14 (see 1)*

**R. I will praise your name for ever, my king and my God. or R. Alleluia.**

I will extol you, O my God and King, and I will bless your name for ever and ever. Every day will I bless you, and I will praise your name for ever and ever.

**R. I will praise your name for ever, my king and my God. or R. Alleluia.**

The LORD is gracious and merciful, slow to anger and of great kindness. The LORD is good to all and compassionate toward all his works.

**R. I will praise your name for ever, my king and my God. or R. Alleluia.**

Let all your works give you thanks, O LORD, and let your faithful ones bless you. Let them discourse of the glory of your kingdom and speak of your might.

**R. I will praise your name for ever, my king and my God. or R. Alleluia.**

The LORD is faithful in all his words and holy in all his works. The LORD lifts up all who are falling and raises up all who are bowed down.

**R. I will praise your name for ever, my king and my God. or R. Alleluia.**

## A Reading from the Letter of St. Paul to the Romans:

*Romans 8:9, 11-13*

Brothers and sisters:

You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, brothers and sisters, we are not debtors 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

The Word of the Lord

**Alleluia:**

*Matthew 11:25*

**R. Alleluia, alleluia.**

Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom.

**R. Alleluia, alleluia.**

**A Reading from the Holy Gospel According to Matthew:**

*Matthew 11:25-30*

At that time Jesus exclaimed:

“I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him.

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light

The Gospel of the Lord

## Reflection/Family Discussion on the readings and Gospel:

### Homi-flection for the Fourteenth Sunday in Ordinary Time

Yesterday, we celebrated the great day when we gained independence as a new nation. As you might recall from our history lessons over the years, the work to keep our country was not an easy one. Essentially, the most important days were the days after that first celebration. The same is true for us. The real work of living out our independence begins today—the day after the celebration. This is an important lesson for us as Catholics in our life of faith, especially in our work to free ourselves from the chains of sin.

In our Gospel this morning, our Lord reminds us that He always does the heavy lifting. He invites us to find in Him rest: “Come to me, all who labor 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 light.” Let us take then, these words and find our formation as disciples.

“Come to me, all who labor and are heavy laden...”

In America, we tend to be workaholics. We work a lot. As busy as we might be, are we really working in the way that God is asking of us or are we just busy doing the work of our own will? When we do not willfully cooperate with God, life inevitably becomes burdensome. Imagine trying to put together something from IKEA without the instructions. In that effort, we might actually put it together, but wouldn't have been easier just following the instructions? In our lives, are we following God's instructions or are we burdening ourselves by trying to figure it out on our own? The weight of sin is also heavy. We might be involved in things that are contrary to God's law and find ourselves beset by our sinfulness. This is the Lord's invitation to surrender all of our useless activities and things of sin. We labor for things that aren't worth it or in vain and we can become laden with the weight of sin. Can we return to the Lord in the Sacrament of Reconciliation? If this is unavailable to you, could we follow the Church's prescription to make an act of contrition?

“Take my yoke upon you and learn from me...for my yoke is easy and my burden light.”

The yoke of the Lord is living a life of holiness. When we strive to live lives of holiness, we are in deep cooperation with God's will in our every day. He gives us our purpose and meaning to everything that we do, even in the mundane actions of each day. His yoke is light because we will be less burdened by our sins. Not because we automatically become sinless. No. Rather, we create the habit of always returning to the Lord to be forgiven.

When you make confession a habit, you will find it easier to go more frequently. Through this process, our desire to please the Lord and do what He asks us to do grows.

“...learn from me...”

As disciples, we must be humble to allow the Lord to really teach and form us. This is so necessary in our life of faith. If you ever feel numb in faith, it's usually because we have stopped being formed. For some odd reason, there is a popular, but incorrect notion that the life of a Christian is simple—how our lives are more about philosophical “being” rather than actually “doing.” To be a Christian is to be courageous. It takes courage to desire to be formed into a better disciple and learn from the Lord. The “rest” that the world offers Christians is the anti-sacrament of “laxity.” How tempting are the thoughts of this worldly “rest?” Recall these temptations: “Oh come on, you don't need to pray...” or “Hey, you know you believe in God, so why read the bible?” or “Don't learn the teachings of the Church. You don't have to concern yourself with all of that theology stuff. It's not real faith. Just go to mass, exercise, eat healthy, go about your day...” Sound familiar? It should. These might not be your specific questions or temptations, but they are out there.

In truth, the life of a Christian requires work—the work of being formed. It is through this formation that we discover the yoke of Christ and find the rest of Christ through the discipline of our discipleship.

This week, consider reading a Gospel in its entirety. Read and learn Church teaching from a reputable source (buzzfeed, memes, and quick articles are not good sources. Sorry). Read about the life of a Saint. Consider joining a formation group/circle. You are not alone.

**Nicene Creed:**

**ALL:** 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,

(bow)

and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

(raise from bow)

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

**Presider:** We bring our prayers to God, whose love for us has no end.

**Intercessions:**

1. That the spirit of God may inspire and guide every dimension of our life together as a church and parish community: *(Pause for silent prayer)*.

**All:** Lord, hear us.

2. That Pope Francis, Archbishop Gomez, Fr. Richard and all who serve the church as bishops, priests, deacons, and ministers may proclaim God's kindness and love for all humanity: *(Pause for silent prayer)*.

**All:** Lord, hear us.

3. That the leaders of nations and governments may work together to banish forever "the warrior bow" of war and oppression: *(Pause for silent prayer)*.

**All:** Lord, hear us.

4. That we may seek God's simple but profound will in all business and public policy decisions: *(Pause for silent prayer)*.

**All:** Lord, hear us.

5. That we may welcome at our tables the poor, the alienated, the rejected, the abused, and all who come seeking our help: *(Pause for silent prayer)*.

**All:** Lord, hear us.

6. That the souls of the faithful who have died may find rest and peace in the presence of God forever: *(Pause for silent prayer)*.

**All:** Lord, hear us.

**Presider:** We humbly bring our intercessions to you O Lord, trusting in You to answer them on your time not on our time.

**Our Father:**

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

**All:**

Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.

Amen

**Sign of Peace:**

**Presider:** 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.

**All:** Amen

**Presider:**

The peace of the Lord be with you always.

**All:**

And with your spirit.

**Presider:**

Let us offer each other the sign of peace.

(At this time please offer a moment of silence before the Spiritual Communion is said.)

**Spiritual Communion:**

**All:** I wish my Lord, to receive you with the purity, humility and devotion with which your most holy Mother received you, with the spirit and fervor of the saints

**Closing Prayer:**

**Presider:** Grant, we pray, O Lord, that, having been replenished by such great gifts, we may gain the prize of salvation and never cease to praise you. Through Christ our Lord

**All:** Amen