

# Daily Prayer

Fourteenth Sunday in Ordinary Time Year A  
*The Year of Matthew*



**Readings:** Zechariah 9: 9–10; Psalm 144: 1–2, 8–11, 13–14; Romans 8: 9, 11–13; Matthew 11: 25–30.

## The Season of Ordinary Time

This week we continue our journey in Ordinary Time, which refers to the 34 weeks that fall outside the liturgical seasons of Advent, Christmas, Lent, Holy Week and Easter. During Ordinary Time, green is used as the liturgical colour symbolising life, hope and growth.

## Using Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Green	<i>I am gentle and humble of heart.</i>	Praying with the Gospel
Tuesday – Green	<i>See how humbly your King comes to you!</i>	Entrance Antiphon Praying with the First Reading
Wednesday – Green	<i>Blessed are you, Father, Lord of heaven and earth.</i>	Gospel Acclamation Standing for the Gospel Reflection
Thursday – Green	<i>He is victorious, he is triumphant!</i>	Meditating on the First Reading Lectio Divina
Friday – Green	<i>I will praise your name forever, my king and my God.</i>	Praying with the Psalm Prayers of Intercession

## Suggested Teacher Background for the Readings

- Liturgy Help: [Commentaries](#)
- Liturgy Help: [Homilies & Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#).



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## Today's Daily Prayer – I am gentle and humble of heart

In the Gospel reading for last Sunday, Jesus speaks of his relationship with God and illustrates the deep communion that he shares with God. Jesus 'knows' God and invites each of us to get to know God in such an intimate way by entering into a relationship with Jesus. **Preparation:** Choose readers and someone to light the candle.

## Monday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light candle and pause.*

**Leader:** As we light this candle, we remember that as long as you are with us, Lord Jesus, we need never be afraid. May our prayer today alleviate all our fears.

**All:** **Amen.**

### Background to the Gospel

*In the Gospel reading, Jesus addresses God as Father. Though the exclusively male characterisation of this title troubles many people today, it does reflect the intimate relationship that Jesus shared with God. Jesus' invitation is reminiscent of the invitation to submit oneself to Wisdom (in the OT – see Sir 6: 24; 24: 19). He invites his hearers to take on his yoke, to accept the responsibilities that he will lay on them. If they do so, they too will be blessed with the revelation of God. (Excerpt taken from Commentary by Dianne Bergant on Liturgy Help.)*

### Listen

*If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.*

**Reader:** A reading from the holy Gospel according to Matthew.

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.



‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.’

*(Pause for silence)*

The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

## Respond

### Imaginative Meditation

**Leader:** Now we are going to begin imaginative meditation. Let’s quieten our hearts and minds and imagine ourselves sitting in an open field listening to Jesus speak. Let’s imagine the kind of day, the sun, the weather, the colours, the breeze.

Now let’s listen to what Jesus says to us, imagining him looking at us and speaking our names and then saying,

‘Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls.’

*(Pause)*

## Go Forth

**Leader:** May we go forth today celebrating that we have been sent out by Christ.

**All: As our lives are formed in faith, hope and love in the light of Christ.**

*Extinguish candle and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Today's Daily Prayer – See how humbly your King comes to you!

Today's prayer focuses on the First Reading, which describes the type of Messiah that Jesus turns out to be. **Preparation:** Choose readers and someone to light the candle.

## Tuesday

### Gather

**Leader:** We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light candle and pause.*

**Leader:** Let us say together the Entrance Antiphon.

**All:** **O Lord, hear my voice, for I have called to you; be my help.**

**Do not abandon or forsake me, O God, my Saviour!**

### Listen

#### Background to the First Reading

*The first reading is a proclamation aimed at fuelling faith in a despondent and poverty stricken post-exilic people. Along with other similar prophecies of the period, it fuelled faith in a messianic figure who would come in God's good time and establish a realm of true peace and justice for all. (Excerpt taken from Commentary by Mark O'Brien on Liturgy Help.)*

**Leader:** Let us listen attentively to the words of sacred Scripture.

**Reader:** The Lord says this:

'Rejoice heart and soul, daughter of Zion!

Shout with gladness, daughter of Jerusalem!

See now, your king comes to you;

he is victorious, he is triumphant,

humble and riding on a donkey,

on a colt, the foal of a donkey.

He will banish chariots from Ephraim

and horses from Jerusalem;

the bow of war will be banished.



He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth.'

*(Pause)*

The Word of the Lord.

**All: Thanks be to God.**

## Respond

**Leader:** At the Saviour'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.**

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

**Amen.**

## Go Forth

**Leader:** Lord Jesus, your yoke is easy and your burden is light. Help each of us to carry our burdens through life.

**All: As our lives are formed in faith, hope and love in the light of Christ.**

*Extinguish candle and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Wednesday

### Today's Daily Prayer – Blessed are you, Father, Lord of heaven and earth

Today's prayer focuses on the Gospel from last Sunday in which Jesus invites each of us to enter into deeper relationship with God through himself. We will also use the Gospel Acclamation and practise standing for the Gospel. **Preparation:** Choose readers and someone to light the candle.

#### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*Light candle and pause.*

**Leader:** Lord Jesus, we are your people. Help us to proclaim that your kingdom is close at hand.

**All:** Amen.

#### Background to the Gospel

*In this week's Gospel, Jesus tells those listening that he knows God as Father, revealing the deep communion between the two. He also invites listeners to get to know God better by entering into a close relationship with himself, one through which knowing God is not a heavy burden, but light.*

#### Listen

*If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.*

**Reader:** A reading from the holy Gospel according to Matthew.

Jesus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

*(Pause for silence)*



The Gospel of the Lord.

**All: Praise to you, Lord Jesus Christ.**

## Respond

**Leader:** Jesus invites us to 'shoulder [his] yoke'. He is telling us that, in the same way that two oxen are stronger and able to carry heavier loads than one, by joining ourselves to Jesus he will carry some of the difficulties of life for us.

Spend a few minutes thinking about what things in your life you would like to turn over to Jesus and ask him to help you carry?

From what 'burdens' do you need rest?

*Time for quiet reflection ...*

**All: Loving God,**

**we recognise that we often try to carry the weight of our burdens alone, forgetting that you stand ready to bear them for us. Help us to remember the words of Jesus, who assured us that your yoke is easy and your burden is light. Help us to release our grip on the worries that consume us and to place our trust in you completely.**

**Thank you for your unconditional love and unwavering faithfulness. You know our hearts intimately and you care for us deeply. Help us to surrender our problems to you daily, seeking your will and relying on your strength.**

**Amen.**

## Go Forth

**Leader:** Let us go forth full of confidence, ready to be Christ in the world and sure in the knowledge that God will give us the strength we need.

**All: As our lives are formed in faith, hope and love in the light of Christ.**

*Extinguish candle and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Today's Daily Prayer – He is victorious, he is triumphant!

Today we focus on the First Reading. **Preparation:** Choose readers and someone to light the candle.

## Thursday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*Light candle and pause.*

**Leader:** As we light this candle, let us remember that we are reconciled to God through the death of Jesus.

**All:** Amen.

### Background to the First Reading

*Zechariah 9 opens with a poetic announcement of God's sovereignty over the nations surrounding Israel. The text's claim is that the God of Israel is Lord of history, not the national gods of these nations. God will ensure that they do not interfere in God's plans for the chosen people. The text urges the capital city Jerusalem/Zion to rejoice because of the imminent arrival of a new king. Although not named, the Jerusalem setting indicates that this king will be a descendant of David. (Excerpt taken from Commentary by Mark O'Brien on Liturgy Help.)*

### Listen

**Leader:** Let us prepare to listen attentively to the sacred words of Scripture.

**Reader:** The Lord says this:

'Rejoice heart and soul, daughter of Zion!

Shout with gladness, daughter of Jerusalem!

See now, your king comes to you;

he is victorious, he is triumphant,

humble and riding on a donkey,

on a colt, the foal of a donkey.

He will banish chariots from Ephraim

and horses from Jerusalem;

the bow of war will be banished.





He will proclaim peace for the nations.  
His empire shall stretch from sea to sea,  
from the River to the ends of the earth.'

*(Pause)*

The Word of the Lord.

**All: Thanks be to God.**

## Respond

### Lectio Divina

**Step 1** I will now read the passage out loud again. While reading, note the word or phrase to which your attention is being drawn. If nothing stands out to you during this second reading, re-read it to yourself.

**Step 2** Once you have identified a word or phrase that stands out to you, meditate on it.

How is God speaking to you through this word or phrase?

Is there an invitation?

Is there a call?

Does a memory surface?

What image comes to mind?

**Step 3** Take your time and allow God to speak to you.

**Step 4** Respond to God in prayer.

**Step 5** Be still and rest in the loving embrace of God.

*(Pause)*

## Go Forth

**Leader:** Loving God, hold us close to you.

**All: As our lives are formed in faith, hope and love in the light of Christ.**

*Extinguish candle and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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## Today's Daily Prayer – I will praise your name forever

Today we pray with the Responsorial Psalm. **Preparation:** Choose readers and someone to light the candle.

## Friday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

**Leader:** We begin our prayer with the Sign of the Cross, calling to our minds and hearts the presence of our merciful and forgiving God.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

*Light candle and pause.*

**Leader:** As we light this candle, let us remember that Jesus is the light who dispels all darkness.

**All:** **Amen.**

### Listen

**Reader:** The response is – I will praise your name forever, my king and my God.

**All:** **I will praise your name forever, my king and my God.**

**Reader:** I will give you glory, O God my King,  
I will bless your name forever.  
I will bless you day after day  
and praise your name forever. *(Response)*

**All:** **I will praise your name forever, my king and my God.**

**Reader:** The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures. *(Response)*

**All:** **I will praise your name forever, my king and my God.**

**Reader:** All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.



They shall speak of the glory of your reign  
and declare your might, O God. *(Response)*

**All:** **I will praise your name forever, my king and my God.**

**Reader:** The Lord is faithful in all his words  
and loving in all his deeds.

The Lord supports all who fall  
and raises all who are bowed down. *(Response)*

**All:** **I will praise your name forever, my king and my God**

## Respond

### Prayers of Intercession

**Leader:** Gracious God, with humble hearts we ask you to listen to the prayers we bring to you.

**Reader:** That we may trust and depend on you as children do ... we pray:

**All:** **God, give us faith.**

**Reader:** That we may be humble in all our relationships ... we pray:

**All:** **God, give us humility.**

**Reader:** That we may share the Gospel with the world ... we pray:

**All:** **God, give us courage.**

**Reader:** That we may celebrate our Catholic faith ... we pray:

**All:** **God, give us gratitude.**

## Go Forth

**All:** **As our lives are formed in faith, hope and love in the light of Christ.**

*Extinguish candle and pause.*

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

