

The Sixth Sunday after Pentecost – Year A
5th July 2026

Sentence: Matthew 11.28-29

‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest,’ says the Lord. ‘Take my yoke upon you, and learn from me; for I am gentle and humble in heart.’

Collect:

Almighty God,
your Son Jesus Christ has taught us
that what we do for the least of his brothers and sisters
we do also for him:
give us the will to serve others
as he was the servant of all,
who gave up his life and died for us;
yet lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

First Reading: Zechariah 9.9-12

A reading from the book of the Prophet Zechariah

⁹ Rejoice greatly, O daughter Zion!
Shout aloud, O daughter Jerusalem!
Lo, your king comes to you;
triumphant and victorious is he,
humble and riding on a donkey,
on a colt, the foal of a donkey.

¹⁰ He will cut off the chariot from Ephraim
and the warhorse from Jerusalem;
and the battle-bow shall be cut off,
and he shall command peace to the nations;
his dominion shall be from sea to sea,
and from the River to the ends of the earth.

¹¹ As for you also, because of the blood of my covenant with you,
I will set your prisoners free from the waterless pit.

¹² Return to your stronghold, O prisoners of hope;
today I declare that I will restore to you double.

Hear the Word of the Lord,
Thanks be to God.

Psalm 145.8-14

⁸ The Lord is gracious and compassionate:
slow to anger and of great goodness.

⁹ The Lord is loving to every one of us:
and his mercy is over all his works.

¹⁰ All creation praises you, O Lord:
and your faithful servants bless your name.

¹¹ They speak of the glory of your kingdom:
and tell of your great might,

¹² That the whole earth may know your mighty acts:
and the glorious splendour of your kingdom.

¹³ Your kingdom is an everlasting kingdom:
and your dominion endures through all generations.

¹⁴ The Lord upholds all those who stumble:
and raises up those that are bowed down.

Second Reading: Romans 7.14-25

A reading from the Letter of St Paul to the Romans

¹⁴ For we know that the law is spiritual; but I am of the flesh, sold into slavery under sin. ¹⁵ I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶ Now if I do what I do not want, I agree that the law is good. ¹⁷ But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸ For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹ For I do not do the good I want, but the evil I do not want is what I do. ²⁰ Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. ²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²² For I delight in the law of God in my inmost self, ²³ but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. ²⁴ Wretched man that I am! Who will rescue me from this body of death? ²⁵ Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

Hear the Word of the Lord,

Thanks be to God.

Gospel Acclamation: Matthew 11.25

Alleluia. **Alleluia!**

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

Alleluia!

The Holy Gospel: Matthew 11.15-30

The Gospel of our Lord Jesus Christ according to Matthew,
Glory to you, Lord Jesus Christ.

¹⁵ Let anyone with ears listen!

¹⁶ ‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, ¹⁷ “We played the flute for you, and you did not dance; we wailed, and you did not mourn.” ¹⁸ For John came neither eating nor drinking, and they say, “He has a demon”; ¹⁹ the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’ ²⁰ Then he began to reproach the cities in which most of his deeds of power had been done, because they did not repent. ²¹ ‘Woe to you, Chorazin! Woe to you, Bethsaida! For if the deeds of power done in you had been done in Tyre and Sidon, they would have repented long ago in sackcloth and ashes. ²² But I tell you, on the day of judgement it will be more tolerable for Tyre and Sidon than for you.

²³ And you, Capernaum, will you be exalted to heaven? No, you will be brought down to Hades. For if the deeds of power done in you had been done in Sodom, it would have remained until this day. ²⁴ But I tell you that on the day of judgement it will be more tolerable for the land of Sodom than for you.’

²⁵ At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶ yes, Father, for such was your gracious will.

²⁷ 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. ²⁸ ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹ Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy, and my burden is light.’

This is the Gospel of the Lord,

Praise to you Lord Jesus Christ.