

Affirmation Prayer...

Our God is righteous. Let us praise him with upright lives.

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen. Alleluia!

Hymn **Meter: CM**

Awake, O sleeper, rise from death,
And Christ shall give you light,
So learn his love—its length and breadth,
Its fullness, depth, and height.
To us on earth he came to bring
From sin and fear release,
To give the Spirit's unity,
The very bond of peace.
For us Christ lived, for us he died
And conquered in the strife,
Awake, arise, go forth in faith,
And Christ shall give you life.

Psalm **118:19-29**

Beloved, let us cleanse ourselves from every defilement of flesh and spirit, making holiness perfect in the fear of God. (2 Cor 7:1)

Repentance is not a one-time event. It is a continual process as we grow in holiness and seek to imitate Christ. A great aid to this conversion process is the daily examination of conscience and the regular practice of confession. These two things will make us much better prepared to receive all the graces that God wants to give us.

Open to me the gates of holiness:
I will enter and give thanks.
This is the Lord's own gate
where the just may enter.
I will thank you for you have answered
and you are my savior.
The stone which the builders rejected
has become the cornerstone.
This is the work of the Lord,
a marvel in our eyes.
This day was made by the Lord;
we rejoice and are glad.
O Lord, grant us salvation;
O Lord, grant success.
Blessed in the name of the Lord
is he who comes.
We bless you from the house of the Lord;
the Lord God is our light.
Go forward in procession with branches
even to the altar.
You are my God, I thank you.
My God, I praise you.
Give thanks to the Lord for he is good;
for his love endures for ever.

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.

This is the will of God, your holiness: that you refrain from immorality, that each of you know how to acquire a wife for himself in holiness and honor, not in lustful passion as do the Gentiles who do not know God; not to take advantage of or exploit a brother in this matter, for the Lord is an avenger in all these things, as we told you before and solemnly affirmed. For God did not call us to impurity but to holiness. Therefore, whoever disregards this, disregards not a human being but God, who [also] gives his holy Spirit to you.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied. (Mt 5:6)

Canticle of Zechariah

Put on the armor of God so that you may be able to stand firm against the tactics of the devil. (Eph 6:11)

All: Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David.

Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life.

You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins.

In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

All: Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.

Intercessions

Our God is merciful. He heals all our wounds. We turn to him and pray:

R/ Lord, be merciful.

When we are unaware of our faults and imperfections: enlighten us and make us new. **R/**

When we are trapped in bad habits: free us. **R/**

When we are seeking perfection, strengthen us in the battle. **R/**

Personal intentions

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.

God of holiness, you are strong and mighty. Help us to fight against the forces that damage society and the Church. Show us where evil has taken hold in our lives, our families, and our relationships. Make us strong warriors of prayer and good works. Use us to make your victorious reign flourish on this earth. Through Christ our Lord. Amen.

SUNDAY, August 1, 2021
Eighteenth Sunday in Ordinary Time

Reading 1 Exodus 16:2-4, 12-15

The whole community of the sons of Israel began to complain against Moses and Aaron in the wilderness and said to them, 'Why did we not die at the Lord's hand in the land of Egypt, when we were able to sit down to pans of meat and could eat bread to our heart's content! As it is, you have brought us to this wilderness to starve this whole company to death!'

Then the Lord said to Moses, 'Now I will rain down bread for you from the heavens. Each day the people are to go out and gather the day's portion; I propose to test them in this way to see whether they will follow my law or not.'

'I have heard the complaints of the sons of Israel. Say this to them, "Between the two evenings you shall eat meat, and in the morning you shall have bread to your heart's content. Then you will learn that I, the Lord, am your God."'

And so it came about: quails flew up in the evening, and they covered the camp; in the morning there was a coating of dew all round the camp. When the coating of dew lifted, there on the surface of the desert was a thing delicate, powdery, as fine as hoarfrost on the ground. When they saw this, the sons of Israel said to one another, 'What is that?' not knowing what it was. 'That' said Moses to them 'is the bread the Lord gives you to eat.'

Reading 2 Ephesians 4:17, 20-24

I want to urge you in the name of the Lord, not to go on living the aimless kind of life that pagans live. Now that is hardly the way you have learnt from Christ, unless you failed to hear him properly when you were taught what the truth is in Jesus. You must give up your old way of life; you must put aside your old self, which gets corrupted by following illusory desires. Your mind must be renewed by a spiritual revolution so that you can put on the new self that has been created in God's way, in the goodness and holiness of the truth.

Gospel

John 6: 24-35

When the people saw that neither Jesus nor his disciples were there, they got into boats and crossed to Capernaum to look for Jesus. When they found him on the other side, they said to him, 'Rabbi, when did you come here?'

Jesus answered: 'I tell you most solemnly, you are not looking for me because you have seen the signs but because you had all the bread you wanted to eat. Do not work for food that cannot last, but work for food that endures to eternal life, the kind of food the Son of Man is offering you, for on him the Father, God himself, has set his seal.'

Then they said to him, 'What must we do if we are to do the works that God wants?' Jesus gave them this answer, 'This is working for God: you must believe in the one he has sent.' So they said, 'What sign will you give to show us that we should believe in you? What work will you do? Our fathers had manna to eat in the desert; as scripture says: He gave them bread from heaven to eat.'

Jesus answered: 'I tell you most solemnly, it was not Moses who gave you bread from heaven, it is my Father who gives you the bread from heaven, the true bread; for the bread of God is that which comes down from heaven and gives life to the world.'

'Sir,' they said 'give us that bread always.' Jesus answered: 'I am the bread of life. He who comes to me will never be hungry; he who believes in me will never thirst.'

Men of St. Joseph Prayer

All: St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

***Prayer for the text used with permission
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