

**Sunday 5 July 2026**

*Fourteenth Sunday in Ordinary Time (Year A)*

**First Reading - Zechariah 9.9-10**

A reading from the book of the prophet Zechariah.

Rejoice, O Zion,  
and shout aloud, O Jerusalem,  
for your king is here,  
your righteous saviour,  
humble, and riding  
on a donkey.

He will banish  
the chariots of battle  
and the weapons of war.

He will command peace  
for all nations,  
across the whole land,  
and  
to the ends  
of the earth.

This is the word of the Lord.

**Second Reading - Romans 8.1-4**

A reading from the letter of Paul to the Romans.

There is now  
no condemnation  
for those who are  
in Christ Jesus.

For the spirit of life,  
in Christ Jesus,

has set us free  
from the power  
of sin  
and death.

In the weakness  
of our  
human flesh,

the law  
could never  
set us free.

But God has now done  
what the law  
could not do.

By sending  
God's own Son,  
in human flesh,

like a perfect  
sacrifice for sin,  
God has destroyed  
the power  
of sin and death.

And so  
we finally enter  
into the righteousness  
that the law intended,

living now  
not  
by our weak  
human flesh,  
but by  
the spirit.

This is the word of the Lord.

**Gospel - Matthew 11.18-19, 25-30**

Hear the Gospel of our Lord Jesus Christ  
according to Matthew.

Jesus said,  
'John the Baptist came,  
neither eating nor drinking,  
and they said he had a demon.

The Son of Man comes,  
eating and drinking,  
and they call him a glutton,  
a drunkard,  
and a friend of sinners.

But wisdom  
is known  
by her deeds.'

And Jesus said,  
'I thank you, Father,  
Lord of heaven and earth,  
that you have revealed  
to your children  
what you have hidden  
from the scholar  
and the scribe.

You have trusted me  
with all things,  
as Father  
to Son,  
so that others  
will come to know you, Father,  
as I know you.'

And Jesus said,  
'Come to me,  
all you  
that are weary,  
with heavy burdens,  
and I will give you rest.

Walk with me,  
and learn from me;  
for the burden  
I will place upon you  
will fit you well,  
and will not overwhelm you.

For I am gentle,  
and humble in heart;  
and you will find rest  
for your soul.'

This is the Gospel of the Lord.