

Here's a text if you've only a minute ...

Seek the Lord ... seek righteousness; seek humility.

First Reading

It is the Lord who preserves fidelity for ever,
who does justice to those who are oppressed.

Psalm

God chose ... and because of him you are in Christ Jesus,
who became to us wisdom from God.

Second Reading

Let us pray for a greater love of God,
and of our fellow men and women.

Lord our God, help us to love you with all our hearts
and to love all people as you love them.

Old Opening Prayer

This week's texts if you'd like to reflect further:

Zephaniah 2:3, 3:12–13; Ps 145 (146); 1 Cor. 1: 26–31; Matthew 5: 1–12

Eugène Burnand 1910, 'Sermon on the Mount, glass by Emil Gerster, 1911
Herzogenbuchsee Reformed church near Bern, Wikimedia.org



'Rejoice and
be glad,
for your
reward
is great
in heaven.'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

PREGO LEAFLET



Fourth Sunday in Ordinary Time,
Year A, 1st February 2026

Blessed are the poor in spirit,
for theirs is the kingdom of heaven.

Today's readings invite us to follow a lifestyle focused on humility, righteousness, integrity and mercy, challenging the worldly ways of success and happiness. They encourage us to trust in God's protection and the promise of reward in heaven.

In the **Gospel**, Jesus teaches the Beatitudes, revealing his own core attitudes and values. He expects his disciples to have these same qualities, which lay out the way to follow him.

Zephaniah (**First Reading**) urges people to be humble and do what is right; to be people of integrity and humility. The Lord will protect those living honest and just lives.

The **Psalmist** celebrates the Lord's faithfulness and concern for the poor and oppressed. God acts by giving food, freedom, sight, and hope, bringing justice and lifting up those bowed down.

The **Second Reading** reminds us that God's ways are different from human ways. God often works through those who seem unimportant, for human strength and status do not matter to God. Real wisdom comes from following Christ. St Paul reminds us to 'boast in the Lord', not ourselves.

This week, I pray for a greater trust in the Lord, asking God to help me remember always that true happiness comes from following the ways of Jesus. I also continue to remember those impacted by conflict, poverty and hunger throughout the world.



Opening Prayer

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.

Second Reading 1 Corinthians 1: 26–31

Consider your calling, brothers and sisters:
Not many of you were wise according to worldly standards,
not many were powerful, not many were of noble birth.
But God chose what is foolish in the world to shame the wise;
God chose what is weak in the world to shame the strong;
God chose what is low and despised in the world,
even things that are not, to bring to nothing things that are,
so that no human being might boast in the presence of God.
And because of him you are in Christ Jesus,
who became to us wisdom from God,
righteousness, and sanctification, and redemption;
so that, as it is written,
‘Let the one who boasts, boast in the Lord.’

I come to this special time of prayer deliberately and gently. Though I may not always be aware of the Lord’s constant companionship, I can be assured that he is always present.

I note what’s been going on for me and how I feel, then set it aside.
Making the sign of the cross, I now place myself intentionally before the Lord and gradually become still. I ask God’s Spirit to guide my prayer.

When ready, I slowly read the passage several times. I allow the words to soak in. What strikes me? Perhaps I’m drawn to ideas like ‘chose’, ‘boast’, ‘wisdom’ ...? I stay with this for a few moments.

St Paul is inviting me to consider my own calling, reminding us that God often chooses his followers in unexpected ways. I ponder this.
How have I responded to the Lord? How am I responding to him?
How will I respond?

Whatever comes to mind, I bring it to the Lord. I tell him openly from my heart how I feel. I ask him to show me how he can work through me, and pray for whatever grace I feel may help me. I listen to him.

Perhaps there are times when I’m tempted to ‘boast’ of my own achievements? I ask for forgiveness where it is needed.

My compassionate and generous God knows and understands me: my gifts and talents; my failings. God loves me just as I am.

When ready, I slowly close my prayer with a spirit of deep gratitude for this time and for everything I’ve been given. *‘Glory be ...’*

Gospel Matthew 5: 1–12

At that time: Seeing the crowds, Jesus went up on the mountain, and when he sat down, his disciples came to him.
And he opened his mouth and taught them, saying:
‘Blessed are the poor in spirit, for theirs is the kingdom of heaven.
Blessed are those who mourn, for they shall be comforted.
Blessed are the meek, for they shall inherit the earth.
Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
Blessed are the merciful, for they shall receive mercy.
Blessed are the pure in heart, for they shall see God.
Blessed are the peacemakers, for they shall be called sons of God.
Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.
Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account.
Rejoice and be glad, for your reward is great in heaven.’

I become still, aware of the Lord’s loving presence with me. I rest quietly here for a few moments. Then I read this familiar text slowly and carefully a number of times, taking it line by line, pausing wherever my attention is drawn.

I may like to picture myself on the mountain with Jesus, listening to each beatitude or ‘blessing’ as if for the first time. I notice what is being promised and to whom.

What does ‘blessed’ mean to me? Perhaps ‘favoured’, ‘fortunate’, ‘happy’, ‘made holy’ ...?

Is there a blessing here that stands out for me?

Is there one I’d really like to have? Or maybe a mixture?

Maybe there’s a blessing that brings to mind a particular situation.

I share this with Jesus and listen.

What blessings do I desire for my family and friends, my community, the world ...?

What blessings do I see in my life? How do I thank God for these?

To whom can I be a blessing to today?

I try to be conscious of the Lord being gently present to me, as I ponder these questions with him.

When I feel ready, I slowly end my prayer, thanking the Lord for all his goodness, with words of my own choice.