

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

O Lord, you are good and forgiving,
full of mercy to all who call to you.

Entrance Antiphon

Your loving mercy is better than life.

Psalm

Whoever loses their life for my sake will find it.

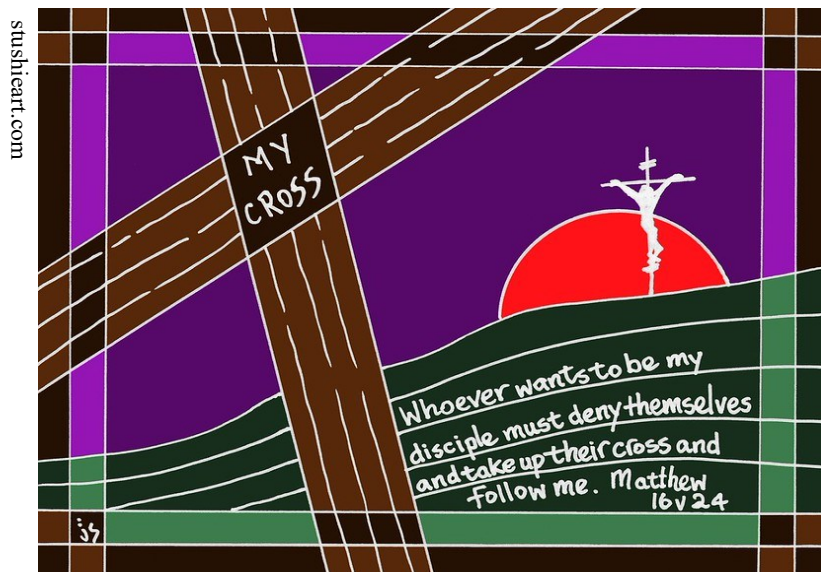
Gospel

Lord God of power and might,
nothing is good which is against your will,
and all is of value which comes from your hand.

Place in our hearts a desire to please you
and fill our minds with insight into love,
so that every thought may grow in wisdom
and all our efforts may be filled with your peace.

Old Opening Prayer

This week's texts if you want to reflect further:
Jeremiah 20: 7–9; Psalm 62 (63); Romans 12: 1–2; Matthew 16: 21–27



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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM

PREGO LEAFLET

Twenty-Second Sunday in Ordinary Time
Year A, 30th August 2026



'Let them take up their cross
and follow me'

Today's readings remind us that whilst we may find ourselves caught between the values of God's kingdom and those of the world around us, we will always have the love of God to protect and uphold us.

Jeremiah laments that answering God's call has led to him being mocked and derided (**First Reading**). Yet despite this, he can still sense a burning desire to speak God's words.

The **Psalmist**, wandering in the desert, thirsts for God's presence, just as he thirsts for water. Recognising the Lord's loving mercy, he is able to raise his hands in praise and thanksgiving.

St Paul (**Second Reading**) reminds the Romans that the life we take on through baptism becomes the inspiration for how we live. Paul encourages them to resist the temptation to conform to the demands of the world as they seek to respond to God.

In the **Gospel**, we see Peter's struggle to embrace fully the reality of Jesus's Way. Soon after being named 'the rock' on which the Church will be built, Peter is still holding on to the values of the world, and struggling to accept what Jesus tells him about the suffering that lies ahead.

This week we pray for those all around the world who are taking up their cross in the service of Christ and his Church. We ask the Lord to keep them safe 'in the shadow of his wings'.



Opening Prayer

God of might, giver of every good gift,
put into our hearts the love of your name,
so that, by deepening our sense of reverence,
you may nurture in us what is good and, by your watchful care,
keep safe what you have nurtured.

Psalm 62 (63)

R./ For you my soul is thirsting, O Lord, my God.

O God, you are my God; at dawn I seek you;
for you my soul is thirsting.

For you my flesh is pining,
like a dry, weary land without water.

I have come before you in the sanctuary,
to behold your strength and your glory.
Your loving mercy is better than life;
my lips will speak your praise.

I will bless you all my life;
in your name I will lift up my hands.
My soul shall be filled as with a banquet;
with joyful lips, my mouth shall praise you.

For you have been my strength;
in the shadow of your wings I rejoice.
My soul clings fast to you;
your right hand upholds me.

I begin by offering a moment of thanks and praise, reminding myself of all the blessings the Lord has bestowed on me. I take time to settle in whatever way is best for today, and when I am ready, I turn to the psalm.

What do I sense about the psalmist as I read the words? Perhaps I feel he is despairing – struggling to find the solace he seeks, unable to find God? Or maybe I sense his desire to experience again a past joy – of knowing how it feels to be in God's presence, protected and upheld? How do I feel myself at this moment?

As I ponder, I may recall a time in my life when I, too, wanted something so much that I held my hands up to the Lord in supplication. What was it like when my prayers were answered? Or perhaps they seemed to go unheeded? Is there something I want to share with the Lord now?

The psalmist declares that he will bless and praise the Lord all his life. What might others learn of my love of the Lord from the way I live my life? I close with my own prayer of praise to the Lord, grateful for his presence with me today.

Gospel Matthew 16: 21–27

At that time: Jesus began to show his disciples that he must go to Jerusalem and suffer many things from the elders and chief priests and scribes, and be killed, and on the third day be raised. And Peter took him aside and began to rebuke him, saying, 'Far be it from you, Lord! This shall never happen to you.' But Jesus turned and said to Peter, 'Get behind me, Satan! You are a hindrance to me. For you are not setting your mind on the things of God, but on the things of man.'

Then Jesus told his disciples, 'If anyone would come after me, let them deny themselves and take up their cross and follow me. For whoever would save their life will lose it, but whoever loses their life for my sake will find it. For what will it profit someone if they gain the whole world and forfeit their soul? Or what shall someone give in return for their soul? For the Son of Man is going to come with his angels in the glory of his Father, and then he will repay each person according to what they have done.'

Taking all the time I need, I come to stillness, aware of God's loving gaze on me. When I am ready, I may like to read the Gospel a number of times, then set the text aside and enter into the scene in my imagination.

Perhaps I watch from a distance ... or maybe I find the courage to stand in Peter's shoes, as Jesus rebukes him – and perhaps rebukes me for all the times I, too, have failed to recognise God's ways the times I've relied on my own human reasoning.

What do I see in Jesus? Is he angry ... saddened... frustrated ...? If I'm not sure, perhaps I can just ask him to help me understand.

I watch now as Jesus turns to the rest of the disciples. How do they react to what Jesus says? How do I feel about what might be in front of me if I choose to truly follow him?

I may recall painful times when I have already been asked to deny myself, and pick up my cross. What was that like? Who, or what helped me through the toughest times?

As I draw my time of prayer to a close, I turn again to Jesus and ask him to grant me the grace and confidence to trust him and to follow where he leads.

I end with the prayer he himself gave us, '*Our Father ...*'