

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

If your neighbour cries to me, I will hear, for I am compassionate.

First Reading

I love you, Lord, my strength.

Psalm

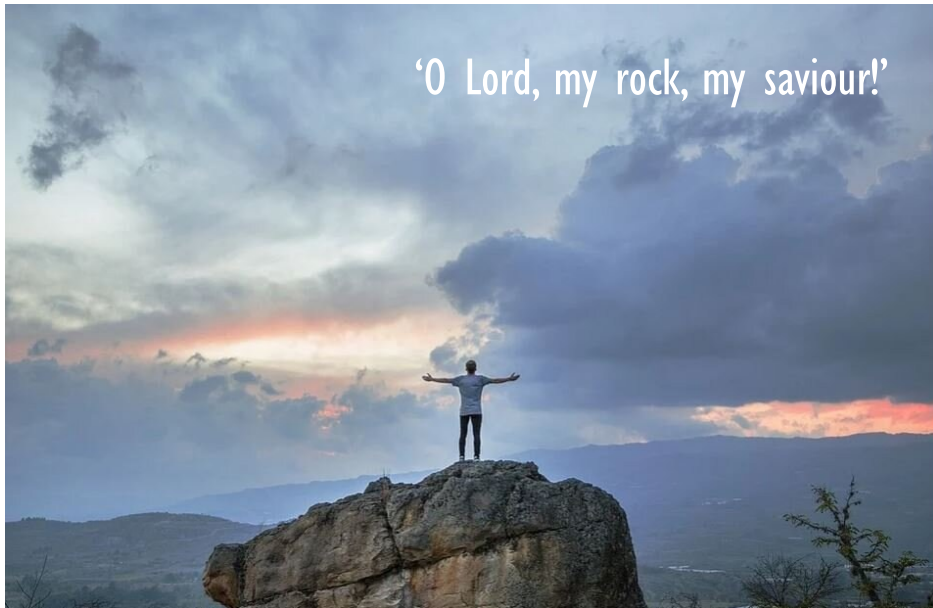
You shall love the Lord your God with all your heart and with all your soul and with all your mind.

Gospel

Almighty and ever-living God,
strengthen our faith, hope and love.
May we do with loving hearts
what you ask of us
and come to share the life you promise.

Old Opening Prayer

This week's texts if you'd like to reflect further:
Exodus 22: 21–27; Psalm 18 (17); Thess. 1: 5–10; Matthew 3: 34–40



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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

**Thirtieth Sunday in Ordinary Time
Year A, 25th October 2026**

'You shall love the Lord your God'

Our readings this Sunday remind us of God's love and compassion. We are asked to live this out each day in our relations with him and with others.

The **First Reading** is from the book of Exodus. God tells Moses to teach the Israelites the kind of care they are to show each other as children of God.

The **Psalm** is a song of praise and thanksgiving to God, who is the only source of our strength. We can express our love for him in our dealings with others.

St Paul, in the **Second Reading**, praises the Christians in Thessalonica for the way they have responded, in joy, to the Spirit, becoming imitators of Christ.

In the **Gospel** Jesus answers the question, 'Which is the greatest commandment?' The answer is, of course, to love God – with our whole being. Love of our neighbour is inextricable from this.

This week let us, with joy, strive to imitate Christ's love for us in the smallest details of our motives and actions with regard to others.



Opening Prayer

Almighty ever-living God,
increase our faith, hope and charity,
and make us love what you command,
so that we may merit what you promise.

Psalm 18 (17)

R./ I love you, Lord, my strength.

I love you, Lord, my strength,
O Lord, my rock, my fortress, my saviour.

My God, my rock where I take refuge;
my shield, my saving strength, my stronghold.
I cry out, 'O praised be the Lord!'
and see, I am saved from my foes.

The Lord lives, and blest be my rock!
May the God of my salvation be exalted.
The Lord gives great victories to his king
and shows merciful love for his anointed.

I take plenty of time to come to stillness as I begin to pray. I offer this time to God, asking the Spirit to help me pray.

I take up the Psalm, reading it slowly, several times.

I then pause. How do I feel?

Perhaps I feel at one with the Psalmist. Which metaphor strikes me today:
rock, fortress, saviour, shield, strength, stronghold ...?

Why does it appeal to me in a particular way?
Or do I prefer another expression?

I speak to the Lord of my love, using my preferred images.

Have these names helped me in the past, in difficult times?
Perhaps I speak of this and express my gratitude.

Jesus Christ, the anointed one, is our king. I can consider his Passion, and praise God for his victory in which we all share.

With gratitude and praise I pray the psalm again, and remain in quiet contemplation.

I then close my prayer, giving thanks for this time.

Gospel Matthew 22: 34–40

At that time: When the Pharisees heard that Jesus had silenced the Sadducees, they gathered together. And one of them, a lawyer, asked him a question to test him. 'Teacher, which is the great commandment in the Law?' And Jesus said to him, 'You shall love the Lord your God with all your heart and with all your soul and with all your mind. This is the great and first commandment. And a second is like it: you shall love your neighbour as yourself. On these two commandments depend all the Law, and the Prophets.'

As I come to pray, I take the time to calm my body and my mind. I breathe deeply a few times and, as I relax into prayer, I become more aware of being held in God's presence; in his love. I remain in this awareness as long as I am comfortable.

When I am ready, I read the passage a couple of times.

I take in the situation and consider the Pharisees and the Sadducees. They are not searching for the truth but only trying to entrap Jesus. I pause to ponder how I sometimes question others. Is it to score points, to look good ...?

I look to Jesus. He answers calmly, going straight to the heart of the Jewish law. His reply is blunt, practical, but all-encompassing.

How do I receive these familiar words today? How do they make me feel?
I sit with them.

Perhaps they evoke sadness as I realise that I don't live up to them. I speak to the Lord of my sorrow.

I also speak to him of my love. He knows me through and through – heart, soul and mind – and yet loves me unconditionally. He sees my struggles and pain. I spend time under his loving gaze and respond with love.

I think, with gratitude, of the love and help I have received from others. Perhaps I pray that I may bring God's love, living in me, to all whom I meet. And I strive to extend this love to all humanity.

I end my prayer with a slow 'Our Father.'