

Friday of the tenth week in Ordinary Time

Friday 12 Jun 2020

ENTRANCE ANTIPHON

The Lord is my light and my salvation; whom shall I fear?
The Lord is the stronghold of my life; whom should I dread? When those who do evil draw near, they stumble and fall.

FIRST READING

1 Kings 19:9, 11-16 (JB)

A reading from the first book of the Kings

Stand on the mountain before the Lord God.

When Elijah reached Horeb, the mountain of God, he went into the cave and spent the night in it. Then he was told, 'Go out and stand on the mountain before the Lord.' Then the Lord himself went by. There came a mighty wind, so strong it tore the mountains and shattered the rocks before the Lord. But the Lord was not in the wind. After the wind came an earthquake but the Lord was not in the earthquake. After the earthquake came a fire. But the Lord was not in the fire. And after the fire there came the sound of a gentle breeze. And when Elijah heard this he covered his face with his cloak and went out and stood at the entrance of the cave. Then a voice came to him, which said, 'What are you doing here, Elijah?' He replied, 'I am filled with jealous zeal for the Lord of hosts, because the sons of Israel have deserted you, broken down your altars and put your prophets to the sword. I am the only one left and they want to kill me.'

'Go,' the Lord said 'go back the same way to the wilderness of Damascus. You are to go and anoint Hazael as king of Aram. You are to anoint Jehu son of Nimshi as king of Israel, and to anoint Elisha son of Shaphat, of Abel Meholah, as prophet to succeed you.'

RESPONSORIAL PSALM

Ps 26:7-9, 13-14 (JB)

R. I long to see your face, O Lord.

O Lord, hear my voice when I call; have mercy and answer. Of you my heart has spoken: 'Seek his face.' **R.**

It is your face, O Lord, that I seek; hide not your face. Dismiss not your servant in anger; you have been my help. **R.**

I am sure I shall see the Lord's goodness in the land of the living. Hope in him, hold firm and take heart. Hope in the Lord! **R.**

GOSPEL ACCLAMATION

Philippians 2:15, 16 (JB)

Alleluia, alleluia!

Shine on the world like bright stars; you are offering it the word of life. Alleluia!

GOSPEL

Matthew 5:27-32 (JB)

A reading from the holy gospel according to Matthew

If a man looks at a woman lustfully, he has already sinned.

Jesus said to his disciples: 'You have learnt how it was said: You must not commit adultery. But I say this to you: if a man looks at a woman lustfully, he has already committed adultery with her in his heart. If your right eye should cause you to sin, tear it out and throw it away; for it will do you less harm to lose one part of you than to have your whole body thrown into hell. And if your right hand should cause you to sin, cut it off and throw it away; for it will do you less harm to lose one part of you than to have your whole body go to hell.'

'It has also been said: Anyone who divorces his wife must give her a writ of dismissal. But I say this to you: everyone who divorces his wife, except for the case of fornication, makes her an adulteress; and anyone who marries a divorced women commits adultery.'

COMMUNION ANTIPHON

The Lord is my rock, my fortress, and my deliverer; my God is my saving strength..