

THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

4th Sunday in Ordinary Time (A)

1st February 2026

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn *Stand*

Ps. 105:47

**Save us, O Lord our God!
And gather us from the nations,
to give thanks to your holy name,
and make it our glory to praise you.**

All make the Sign of the Cross as the Priest says:
In the name of the Father, and of the Son,
and of the Holy Spirit. **Amen.**

*The Priest greets everyone present.
The people respond: **And with your spirit.**
The Mass of the day may be introduced.*

Penitential Act

*The Priest invites the people to repentance
using one of the Penitential Acts.*

Have mercy on us, O Lord.
For we have sinned against you.

Show us, O Lord, your mercy.
And grant us your salvation.

The Priest says the absolution. All reply:
Amen.

Lord, have mercy.	Lord, have mercy.
Christ, have mercy.	Christ, have mercy.
Lord, have mercy.	Lord, have mercy.

Gloria

**Glory to God in the highest,
and on earth peace to people of good will.**

**We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the
Father, have mercy on us.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.**

Collect

Grant us, Lord our God,
that we may honour you with all our mind,
and love everyone in truth of heart.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
for ever and ever.

Amen.

Sit

THE LITURGY OF THE WORD

First Reading

A reading from the Prophet Zephaniah.
Zephaniah 2:3; 3:12-13

Seek the LORD, all you humble of the land, who
do his just commands; seek righteousness;
seek humility; perhaps you may be hidden on
the day of the anger of the LORD.

I will leave in your midst a people humble and
lowly. They shall seek refuge in the name of the
LORD, those who are left in Israel; they shall do
no injustice and speak no lies, nor shall there
be found in their mouth a deceitful tongue. For
they shall graze and lie down, and none shall
make them afraid.

The word of the Lord.
Thanks be to God.

Psalm

Psalm 146(145):6c-7. 8-9a. 9b-10. R. Matthew 5:3

**R. Blessed are the poor in spirit;
for theirs is the kingdom of heaven.**

or: Alleluia.

It is the LORD who preserves fidelity for ever,
who does justice to those who are oppressed.
It is he who gives bread to the hungry,
the LORD who sets prisoners free. **R.**

The LORD who opens the eyes of the blind,
the LORD who raises up those who are bowed down.
It is the LORD who loves the just,
the LORD who protects the stranger. **R.**

The LORD upholds the orphan and the widow,
but thwarts the path of the wicked.
The LORD will reign for ever,
your God, O Sion, from age to age. **R.**

Second Reading

A reading from the First Letter of Saint Paul to the Corinthians. 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.'

The word of the Lord.

Thanks be to God.

Acclamation before the Gospel *Stand*
Alleluia, alleluia. Matthew 5:12a

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

Gospel Matthew 5:1-12a

The Lord be with you.

And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, O Lord.

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.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

The Homily

Sit

The Nicene Creed

Stand

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,**

**consubstantial with the Father;
through him all things were made.**

**For us men and for our salvation
he came down from heaven,**

and by the Holy Spirit

**was incarnate of the Virgin Mary,
and became man.**

All bow

**For our sake he was crucified under
Pontius Pilate,**

**he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.**

**He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord,
the giver of life,**

**who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,**

who has spoken through the prophets.

**I believe in one, holy, catholic and
apostolic Church.**

**I confess one Baptism for the forgiveness
of sins**

**and I look forward to the resurrection of
the dead**

and the life of the world to come.

Amen.

Or:

The Apostles' Creed

**I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the *All bow*
Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God
the Father almighty;
from there he will come to judge the
living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.**

Prayer of the Faithful

Response example: Lord, in your mercy.
Hear our prayer.

After the concluding prayer all say: **Amen.** *Sit*

THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.
A hymn may be sung. If the Priest says the two
prayers of offering aloud, the response both
times is:*

Blessed be God for ever.

The people rise as the Priest says:
Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people reply:

**May the Lord accept the sacrifice
at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.**

Prayer over the Offerings

O Lord, we bring to your altar
these offerings of our service:
be pleased to receive them, we pray,
and transform them
into the Sacrament of our redemption.
Through Christ our Lord.
Amen.

The Eucharistic Prayer

The Lord be with you.
And with your spirit.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.

*The Priest continues with the Preface and
concludes with the people, singing or saying aloud:*

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of
the Lord.
Hosanna in the highest.** *Kneel*

*The Eucharistic Prayer continues until the
Priest says:*

The mystery of faith.
*And the people continue, acclaiming one of the
following:*

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Or:

**When we eat this Bread and drink this Cup,
we proclaim your Death, O Lord,
until you come again.**

Or:

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

*The Priest concludes the Eucharistic Prayer
saying alone:*

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

The people acclaim: **Amen.**

The Communion Rite

Stand

The Priest invites all to join in the Lord's Prayer:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

The Priest continues alone:

Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.
**For the kingdom,
the power and the glory are yours
now and for ever.**

The Priest says:

Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.
Amen.

The peace of the Lord be with you always.
And with your spirit.

The Deacon, or the Priest, adds:

Let us offer each other the sign of peace.

The Priest takes the host and breaks it.

Meanwhile the people say or sing:

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
have mercy on us.**

**Lamb of God, you take away the sins of the world,
grant us peace.**

Kneel

The Priest shows the host to the people and says:
Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

*The Priest or other minister says to each
communicant:*

The Body [Blood] of Christ.

Each communicant answers: **Amen.**

Communion Antiphon Cf. Ps 30: 17-18

Let your face shine on your servant.

Save me in your merciful love.

**O Lord, let me never be put to shame,
for I call on you.**

Prayer after Communion

Stand

Nourished by these redeeming gifts,
we pray, O Lord,
that through this help to eternal salvation
true faith may ever increase.
Through Christ our Lord.
Amen.

THE CONCLUDING RITES

Announcements may be made.

Then:

Priest: The Lord be with you.

All: And with your spirit.

May almighty God bless you,
the Father, and the Son, ✠ and the Holy Spirit.
Amen.

Then the Deacon, or the Priest, says:

Go forth, the Mass is ended. *Or:*
Go and announce the Gospel of the Lord. *Or:*
Go in peace, glorifying the Lord by your life. *Or:*
Go in peace.

Thanks be to God.



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