

SEVENTH SUNDAY



First Reading † **1 Samuel 26:2.7-9.12-13.22-23**

The Lord has put you in my power, but I will not raise my hand against you.

A reading the first book of Samuel

So Saul set off and went down to the desert of Ziph, accompanied by three thousand picked men of Israel, to search for David in the desert of Ziph.

So David and Abishai made their way by night towards the force, and there was Saul lying asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him. Abishai then said to David,

‘Today God has put your enemy in your power;
so now let me pin him to the ground with his own spear.
Just one stroke! I shall not strike him twice.’

David said to Abishai,

‘Do not kill him, for who could raise his hand
against the Lord’s anointed and go unpunished?’

David took the spear and the pitcher of water from beside Saul’s head, and they made off. No one saw, no one knew, no one woke up; they were all asleep, because a deep sleep from the Lord had fallen on them.

David crossed to the other side and halted on the top of the mountain a long way off; there was a wide space between them.

David answered, saying,

‘Here is the king’s spear. Let one of the young men come across and get it. The Lord rewards each person for righteousness and loyalty. Today the Lord put you in my power but I would not raise my hand against the Lord’s anointed.’

The word of the Lord.

Responsorial † **Psalm 102:1-4.8.10.12-13**

The Lord is kind and merciful.

Bless the Lord, O my soul,
and all within me, his holy name.
Bless the Lord, O my soul,
and never forget all his gifts.

The Lord is kind and merciful.

It is the Lord who forgives all your sins,
who heals every one of your ills,
who redeems your life from the pit,
who crowns you with mercy and compassion.

The Lord is kind and merciful.

The Lord is compassionate and gracious,
slow to anger and rich in mercy.
He does not treat us according to our sins,
nor repay us according to our faults.

The Lord is kind and merciful.

As far as the east is from the west,
so far does he remove our sins from us.
As a father has compassion on his children,
the Lord's compassion is on those who fear him.

The Lord is kind and merciful.

Second Reading † 1 Corinthians 15:45-49

Just as we have carried the earthly image, we must carry the heavenly image.

A reading from the first letter of St Paul to the Corinthians

Thus it is written too, the first man, Adam, *became a living being*, the last Adam a life-giving spirit. It is not the spiritual which was first but the physical, and then the spiritual. The first man from the earth was made of clay, the second man from heaven. As was the man of clay, so also are those of clay; and as the heavenly man, so also are those of heaven. And as we have borne the likeness of the man of clay, so we shall bear the likeness of the man of heaven.

The word of the Lord.

Gospel Acclamation † John 13:

Alleluia, alleluia, alleluia!
I give you a new commandment;
love one another as I have loved you.
Alleluia, alleluia, alleluia!

Gospel † Luke 6:27-38

Be merciful as your Father is merciful.

A reading from the holy Gospel according to Luke

Jesus said to his disciples:

‘But I say this to you who are listening: love your enemies, do good to those who hate you, bless those who curse you, pray for those who treat you badly. To anyone who slaps you on one cheek, present the other cheek as well; to anyone who takes your cloak from you, do not refuse your tunic. Give to everyone who asks you, and do not ask for your property back from someone who takes it.

Treat others as you would like people to treat you. If you love those who love you, what credit is that to you? Even sinners love those who love them. And if you do good to those who do good to you, what credit is that to you? For even sinners do that much. And if you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners to get back the same amount.

Instead, love your enemies and do good to them, and lend without any hope of return. You will have a great reward, and you will be children of the Most High, for he himself is kind to the ungrateful and the wicked.

‘Be compassionate just as your Father is compassionate.

Do not judge, and you will not be judged; do not condemn, and you will not be condemned; forgive, and you will be forgiven. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and overflowing, will be poured into your lap; because the standard you use will be the standard used for you.’

The Gospel of the Lord.

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