

Sunday 20 February 2022

7th Sunday in Ordinary Time □

Liturgical Colour: Green.

## Readings at Mass

### First reading

**1 Samuel 26:2,7-9,11-13,22-23**

#### **Do not lift your hand against the Lord's anointed**

Saul set off and went down to the wilderness of Ziph, accompanied by three thousand men chosen from Israel to search for David in the wilderness of Ziph.

In the dark David and Abishai made their way towards the force, where they found Saul lying asleep inside the camp, his spear stuck in the ground beside his head, with Abner and the troops lying round him.

Then Abishai 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 will not need to strike him twice.' David answered Abishai, 'Do not kill him, for who can lift his hand against the Lord's anointed and be without guilt? The Lord forbid that I should raise my hand against the Lord's anointed! But now take the spear beside his head and the pitcher of water and let us go away.' 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, for 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. He called out, 'Here is the king's spear. Let one of the soldiers come across and take it. The Lord repays everyone for his uprightness and loyalty. Today the Lord put you in my power, but I would not raise my hand against the Lord's anointed.'

### Responsorial Psalm

**Psalm 102(103):1-4,8,10,12-13**

*The Lord is kind and merciful.*

My soul, give thanks to the Lord  
all my being, bless his holy name.  
My soul, give thanks to the Lord  
and never forget all his blessings.

*The Lord is kind and merciful.*

It is he who forgives all your guilt,  
    who heals every one of your ills,  
who redeems your life from the grave,  
    who crowns you with love and compassion.

*The Lord is kind and merciful.*

The Lord is compassion and love,  
    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.  
As a father has compassion on his sons,  
    the Lord has pity on those who fear him.

*The Lord is kind and merciful.*

## **Second reading**

**1 Corinthians 15:45-49**

### **The first Adam became a living soul; the last Adam, a life-giving spirit**

The first man, Adam, as scripture says, became a living soul; but the last Adam has become a life-giving spirit. That is, first the one with the soul, not the spirit, and after that, the one with the spirit. The first man, being from the earth, is earthly by nature; the second man is from heaven. As this earthly man was, so are we on earth; and as the heavenly man is, so are we in heaven. And we, who have been modelled on the earthly man, will be modelled on the heavenly man.

## **Gospel Acclamation**

**John 13:34**

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

## **Gospel**

**Love your enemies**

Jesus said to his disciples: '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 the man who slaps you on one cheek, present the other cheek too; to the man 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 the man who robs you. Treat others as you would like them to treat you. If you love those who love you, what thanks can you expect? Even sinners love those who love them. And if you do good to those who do good to you, what thanks can you expect? For even sinners do that much. And if you lend to those from whom you hope to receive, what thanks can you expect? Even sinners lend to sinners to get back the same amount. Instead, love your enemies and do good, and lend without any hope of return. You will have a great reward, and you will be sons of the Most High, for he himself is kind to the ungrateful and the wicked.

'Be compassionate as your Father is compassionate. Do not judge, and you will not be judged yourselves; do not condemn, and you will not be condemned yourselves; grant pardon, and you will be pardoned. Give, and there will be gifts for you: a full measure, pressed down, shaken together, and running over, will be poured into your lap; because the amount you measure out is the amount you will be given back.'