

*Sunday 31 July 2022*

**18th Sunday in Ordinary Time**

*Liturgical Colour: Green. Year: C(II).*

## Readings at Mass

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**First reading**

**Ecclesiastes 1:2; 2:21–23**

**What profit comes to a man from all his toil?**

Vanity of vanities, says Qoheleth,  
vanity of vanities! All things are vanity!

Here is one who has labored with wisdom and knowledge and skill, and yet to another who has not labored over it, he must leave property. This also is vanity and a great misfortune. For what profit comes to man from all the toil and anxiety of heart with which he has labored under the sun? All his days sorrow and grief are his occupation; even at night his mind is not at rest. This also is vanity.

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**Responsorial Psalm**

**Psalm 90:3–4, 5–6, 12–13, 14, 17**

*If today you hear his voice, harden not your hearts.*

You turn man back to dust,  
saying, “Return, O children of men.”  
For a thousand years in your sight  
are as yesterday, now that it is past,  
or as a watch of the night.

*If today you hear his voice, harden not your hearts.*

You make an end of them in their sleep;  
the next morning they are like the changing grass,  
which at dawn springs up anew,  
but by evening wilts and fades.

*If today you hear his voice, harden not your hearts.*

Teach us to number our days aright,  
that we may gain wisdom of heart.

Return, O LORD! How long?  
Have pity on your servants!

*If today you hear his voice, harden not your hearts.*

Fill us at daybreak with your kindness,  
that we may shout for joy and gladness all our days.  
And may the gracious care of the LORD our God be ours;  
prosper the work of our hands for us!  
Prosper the work of our hands!

*If today you hear his voice, harden not your hearts.*

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## Second reading

**Colossians 3:1–5, 9–11**

### **Seek what is above, where Christ is.**

Brothers and sisters: If you were raised with Christ, seek what is above, where Christ is seated at the right hand of God. Think of what is above, not of what is on earth. For you have died, and your life is hidden with Christ in God. When Christ your life appears, then you too will appear with him in glory.

Put to death, then, the parts of you that are earthly: immorality, impurity, passion, evil desire, and the greed that is idolatry. Stop lying to one another, since you have taken off the old self with its practices and have put on the new self, which is being renewed, for knowledge, in the image of its creator. Here there is not Greek and Jew, circumcision and uncircumcision, barbarian, Scythian, slave, free; but Christ is all and in all.