

PSALM: Psalm 34:1-10, 22

¹I will bless the LORD at all times;
the praise of God shall ever be in my mouth.

²I will glory in the LORD;
let the lowly hear and rejoice.

³Proclaim with me the greatness of the LORD;
let us exalt God's name together.

⁴I sought the LORD, who answered me
and delivered me from all my terrors.

⁵Look upon the LORD and be radiant,
and let not your faces be ashamed.

⁶I called in my affliction, and the LORD heard me
and saved me from all my troubles.

⁷The angel of the LORD encamps around those who fear the LORD
and delivers them.

⁸Taste and see that the LORD is good;
happy are they who take refuge in God!

⁹Fear the LORD, you saints of the LORD,
for those who fear the LORD lack nothing.

¹⁰The lions are in want and suffer hunger,
but those who seek the LORD lack nothing that is good.

²²O LORD, you redeem the life of your servants,
and those who put their trust in you will not be punished.

SECOND READING: 1 John 3:1-3

¹See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. ²Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he is revealed, we will be like him, for we will see him as he is. ³And all who have this hope in him purify themselves, just as he is pure.

GOSPEL: Matthew 5:1-12

¹When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. ²Then he began to speak, and taught them, saying:

³“Blessed are the poor in spirit, for theirs is the kingdom of heaven.

⁴“Blessed are those who mourn, for they will be comforted.

⁵“Blessed are the meek, for they will inherit the earth.

⁶“Blessed are those who hunger and thirst for righteousness, for they will be filled.

⁷“Blessed are the merciful, for they will receive mercy.

⁸“Blessed are the pure in heart, for they will see God.

⁹“Blessed are the peacemakers, for they will be called children of God.

¹⁰“Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

¹¹“Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. ¹²Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.”