

# **FOURTH SUNDAY IN LENT**

## **1st Reading**

### **Proverbs 3:5-10**

**5** Trust in the Lord with all your heart, and do not rely on your own insight. **6** In all your ways acknowledge him, and he will make straight your paths. **7** Do not be wise in your own eyes; fear the Lord, and turn away from evil. **8** It will be a healing for your flesh and a refreshment for your body. **9** Honor the Lord with your substance and with the first fruits of all your produce; **10** then your barns will be filled with plenty, and your vats will be bursting with wine.

## **Psalm**

### **Psalms 25:1-9**

**1** To you, O Lord, I lift up my soul. **2** O my God, in you I trust; do not let me be put to shame; do not let my enemies exult over me. **3** Do not let those who wait for you be put to shame; let them be ashamed who are wantonly treacherous. **4** Make me to know your ways, O Lord; teach me your paths. **5** Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. **6** Be mindful of your mercy, O Lord, and

of your steadfast love, for they have been from of old. **7** Do not remember the sins of my youth or my transgressions; according to your steadfast love remember me, for your goodness' sake, O Lord! **8** Good and upright is the Lord; therefore he instructs sinners in the way. **9** He leads the humble in what is right, and teaches the humble his way.

## **2nd Reading**

### **Ephesians 4:10-16**

**10** He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) **11** The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, **12** to equip the saints for the work of ministry, for building up the body of Christ, **13** until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. **14** We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. **15** But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, **16** from whom the whole body, joined and knit together by every ligament with which it is equipped, as each

part is working properly, promotes the body's growth in building itself up in love.

## **Gospel**

### **Matthew 11:25-30**

**25** At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; **26** yes, Father, for such was your gracious will. **27** All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. **28** "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. **29** Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy, and my burden is light."