

Integral Faith

“Homily helps and liturgy resources highlighting care for our common home.”



Homily Helps and Petitions for the Fourth Sunday Ordinary Time, Cycle A (February 1, 2026)

Homily Helps

† Scripture Passages to Note:

Zephaniah 2-3: Seek the Lord. . . seek justice, seek humility

Psalms 146: The Lord loves the just; the Lord protects strangers

1 Corinthians 1: Consider your own calling

Matthew 5: Blessed are the peacemakers

† Comments for the Day:

What is the good life? Zephaniah describes it as a life of simplicity, humility, healthy relationships, justice, and being centered in the Lord. In prophetic literature, the “day of the Lord” signifies divine justice and the transformation of society, culture, and people’s lives. Meanwhile, pursuing humility and justice is a lifelong journey.

Psalms 146 reminds us of God’s promise to protect us. God is faithful and brings justice for the oppressed and the stranger.

A problem crept into the Corinthian community. The community became prideful. A distortion of the gospel and forgetfulness of the cross had overshadowed the grace they received from the Holy Spirit. Paul reminds them they were “nobodies.” God chose them to show that their actions had a divine origin.

In Matthew’s Gospel, we hear the Sermon on the Mount, which serves as an action plan for Jesus’ disciples. What do we hear? References to being “poor in spirit,” “the meek,” and those who “hunger and thirst for justice.” The Sermon presents a spirituality that invites self-reflection on behavior and attitudes. Mahatma Gandhi, though not a Christian, read and contemplated the Sermon every morning and evening for over forty years. Striving to live Jesus’ teachings found in it. Chapter 6, “Ecological Education and Spirituality,” in *Laudato Si*, provides a starting point for integrating the Sermon as inspiration into our lives.

† Passages from *Laudato Si* to Note:

216. [A] spirituality can motivate us to a more passionate concern for the protection of our world. A commitment this lofty cannot be sustained by doctrine alone, without a spirituality

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capable of inspiring us, without an “interior impulse which encourages, motivates, nourishes and gives meaning to our individual and communal activity.”

222. Christian spirituality proposes an alternative understanding of the quality of life, and encourages a prophetic and contemplative lifestyle, one capable of deep enjoyment free of the obsession with consumption. We need to take up an ancient lesson, found in different religious traditions and also in the Bible. It is the conviction that “less is more”. A constant flood of new consumer goods can baffle the heart and prevent us from cherishing each thing and each moment.

225. An adequate understanding of spirituality consists in filling out what we mean by peace, which is much more than the absence of war. Inner peace is closely related to care for ecology and for the common good because, lived out authentically, it is reflected in a balanced lifestyle together with a capacity for wonder which takes us to a deeper understanding of life. Nature is filled with words of love, but how can we listen to them amid constant noise

Related Prayers of the Faithful

Option 1: That through a new sense of spirituality, we might be open to new ways of understanding the implications of our responsibility to care for the earth, let us pray to the Lord ...

Option 2: That we will come to see that earth and all its fullness as part of our extended family, let us pray to the Lord ...

Further Resources

Feedback: info@catholicclimatecovenant.org

Webpage: www.catholicclimatecovenant.org/resource/english-homily-help

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