

but “It is through Isaac that descendants shall be named for you.” This means that it is not the children of the flesh who are the children of God, but the children of the promise are counted as descendants.

Hear the word of the Lord.

Thanks be to God.

Gospel Acclamation

Alleluia, alleluia!

No one lives on bread alone,
but on every word that comes from the mouth of God.

Alleluia!

Gospel

Mtt.14.13-21

✠ **The Gospel of our Lord Jesus Christ according to Matthew**

Glory to you Lord Jesus Christ

When Jesus heard that Herod had beheaded John the Baptist, he withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, ‘This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.’ Jesus said to them, ‘They need not go away; you give them something to eat.’ They replied, ‘We have nothing here but five loaves and two fish.’ And he said, ‘Bring them here to me.’ Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

The Gospel of the Lord

Praise to you Lord Jesus Christ.

THE TENTH SUNDAY AFTER PENTECOST

2nd August, 2026



They took up what was left over . . .

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Sentence

The Lord is near to all who call on him in truth. He fulfils the desire of all that fear him, hears their cry, and saves them. Psalm 145.18-19

Prayer of the Day

O God, giver of life and health,
whose Son Jesus Christ has called us
to hunger and thirst for justice:
refresh us with your grace,
that we may not be weary in well-doing,
for the sake of him who meets all our needs,
Jesus Christ our Saviour;
who lives and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

First Reading

Gen. 32:22-31

A reading from the book of Genesis.

Jacob got up, took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' The sun rose upon him as he passed Penuel, limping because of his hip.

Hear the word of the Lord.

Thanks be to God.

Psalm 17:1-7, 16 — *A.P.B.A. page 235*

- 1 Hear my just cause O Lord give heed to my cry:
listen to my prayer that comes from no lying lips.
- 2 Let judgement for me come forth from your presence:
and let your eyes discern the right.
- 3 Though you search my heart
and visit me in the night-time:
though you try me by fire
you will find no wickedness in me.
- 4 My mouth does not transgress like the mouth of others:
for I have kept the word of your lips.
- 5 My steps have held firm in the way of your commands:
and my feet have not stumbled from your paths.
- 6 I call upon you O God for you will surely answer:
incline your ear to me and hear my words.
- 7 Show me the wonders of your steadfast love
O saviour of those who come to you for refuge:
who by your right hand deliver them
from those that rise up against them.
- 16 And I also shall see your face because my cause is just:
when I awake and see you as you are I shall be satisfied.

Second Reading

Rom. 9:1-8

A reading from the letter of Paul to the Romans.

I am speaking the truth in Christ. I am not lying; my conscience confirms it by the Holy Spirit. I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

It is not as though the word of God had failed. For not all Israelites truly belong to Israel, and not all of Abraham's children are his true descendants;