

Fourth Sunday in Lent *Laetare*

19 March 2023 Anno Domini

INTROIT

(Ps. 122:1-2, 6, 8; antiphon: Is. 66:10a, 11a)



Rejoice with Jerusalem, and be | glad for her, *
all you who | love her;

Our feet have been | standing*

within your gates, O Je- | rusalem!

For my brothers and com- | panions' sake*

I will say, "Peace be with- | in you!"

Glory be to the Father and | to the Son*

and to the Holy | Spirit;

as it was in the be- | ginning, *

is now, and will be forever. | Amen.

Rejoice with Jerusalem, and be | glad for her, *

all you who | love her;

COLLECT OF THE DAY

Almighty God, our heavenly Father, Your mercies are new every morning; and though we deserve only punishment, You receive us as Your children and provide for all our needs of body and soul. Grant that we may heartily acknowledge Your merciful goodness, give thanks for Your benefits, and serve You in willing obedience; through Jesus Christ, Your Son, our Lord, who lives and reigns with You and the Holy Spirit, one God, now and forever.

GRADUAL

(Ps. 122:1, 7)

I was glad when they | said to me, *

"Let us go to the house | of the LORD!"

Peace be with- | in your walls*

and security within your | towers!

TRACT (*Laetare*)

(Ps. 125:1-2, 5b)

Those who trust in the LORD are like Mount | Zion, *

which cannot be moved, but abides for- | ever.

As the mountains surround Jerusalem, so the LORD surrounds his | people, *

from this time forth and forevermore. Peace be upon | Israel!

Old Testament Isaiah 49:8-13

⁸Thus says the LORD: "In a time of favor I have answered you; in a day of salvation I have helped you; I will keep you and give you as a covenant to the people, to establish the land, to apportion the desolate heritages, ⁹saying to the prisoners, 'Come out,' to those who are in darkness, 'Appear.' They shall feed along the ways; on all bare heights shall be their pasture; ¹⁰they shall not hunger or thirst, neither scorching wind nor sun shall strike them, for he who has pity on them will lead them, and by springs of water will guide them. ¹¹And I will make all my mountains a road, and my highways shall be raised up. ¹²Behold, these shall come from afar, and behold, these from the north and from the west, and these from the land of Syene." ¹³Sing for joy, O heavens, and exult, O earth; break forth, O mountains, into singing! For the LORD has comforted his people and will have compassion on his afflicted.

Epistle: Galatians 4:21-31

²¹Tell me, you who desire to be under the law, do you not listen to the law? ²²For it is written that Abraham had two sons, one by a slave woman and one by a free woman. ²³But the son of the slave was born according to the flesh, while the son of the free woman was born through promise. ²⁴Now this may be interpreted allegorically: these women are two covenants. One is from Mount Sinai, bearing children for slavery; she is Hagar. ²⁵Now Hagar is Mount Sinai in Arabia; she corresponds to the present Jerusalem, for she is in slavery with her children. ²⁶But the Jerusalem above is free, and she is our mother. ²⁷For it is written, "Rejoice, O barren one who does not bear; break forth and cry aloud, you who are not in labor! For the children of the desolate one will be more than those of the one who has a husband." ²⁸Now you, brothers, like Isaac, are children of promise. ²⁹But just as at that time he who was born according to the flesh persecuted him who was born according to the Spirit, so also it is now. ³⁰But what does the Scripture say?

"Cast out the slave woman and her son, for the son of the slave woman shall not inherit with the son of the free woman." ³¹So, brothers, we are not children of the slave but of the free woman.

Holy Gospel: John 6:1-15

¹After this Jesus went away to the other side of the Sea of Galilee, which is the Sea of Tiberias. ²And a large crowd was following him, because they saw the signs that he was doing on the sick. ³Jesus went up on the mountain, and there he sat down with his disciples. ⁴Now the Passover, the feast of the Jews, was at hand. ⁵Lifting up his eyes, then, and seeing that a large crowd was coming toward him, Jesus said to Philip, "Where are we to buy bread, so that these people may eat?" ⁶He said this to test him, for he himself knew what he would do. ⁷Philip answered him, "Two hundred denarii would not buy enough bread for each of them to get a little." ⁸One of his disciples, Andrew, Simon Peter's brother, said to him, ⁹"There is a boy here who has five barley loaves and two fish, but what are they for so many?" ¹⁰Jesus said, "Have the people sit down." Now there was much grass in the place. So the men sat down, about five thousand in number. ¹¹Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted. ¹²And when they had eaten their fill, he told his disciples, "Gather up the leftover fragments, that nothing may be lost." ¹³So they gathered them up and filled twelve baskets with fragments from the five barley loaves, left by those who had eaten. ¹⁴When the people saw the sign that he had done, they said, "This is indeed the Prophet who is to come into the world!" ¹⁵Perceiving then that they were about to come and take him by force to make him king, Jesus withdrew again to the mountain by himself.