

7th SUNDAY IN ORDINARY TIME (C)

1st. READING (1S 26,2.7-9.12-13.22-23)

Saul set off and went down with three thousand picked men of Israel to the desert of Ziph in search of David. So, that night, David and Abishai went into the camp and found Saul sleeping in the center, his spear thrust into the ground at his head, while Abner and the rest of the soldiers were sleeping around him. Abishai said to David, "God has delivered your enemy into your hands this day. Let me nail him to the ground with one thrust of the spear; I will not repeat it." But David answered Abishai, "Do not harm him. For who could harm Yahweh's anointed and not be punished? So David took the spear and the water jug from near Saul's head and they left. Nobody saw, nobody knew, nobody woke up. All remained asleep, for a deep sleep from Yahweh had fallen on them. On the opposite slope David stood at a distance, on top of the hill, David answered, "I have your spear with me, O king! Let one of your servants come over to fetch it. Yahweh rewards a righteous and loyal man. Today he delivered you into my hands but I refused to harm Yahweh's anointed.

RESPONSORIAL PSALM (Psalm 103)

Bless the Lord, my soul;
all my being, bless his holy name!
Bless the Lord, my soul,
and do not forget all his kindness;
he forgives all your sins and heals all your sickness;
he redeems your life from destruction and crowns you with love and compassion;

The Lord is gracious and merciful,
abounding in love and slow to anger;
He does not treat us according to our sins,
nor does he punish us as we deserve.

As far as the east is from the west,
so far does he remove from us our sins.
As a father has compassion on his children,
so the Lord pities those who fear him.

2nd. READING (1Cor 15,45-49)

Scripture says that Adam, the first human being, was given natural life; but the last Adam has become spirit that gives life. The spirit does not appear first, but the natural life, and afterwards comes the spirit. The first man comes from the earth and is earthly, while the second one comes from heaven. As it was with the earthly one, so is it with the earthly people. As it is with Christ, so with the heavenly. This is why, after bearing the image of the earthly one, we shall also bear the image of the heavenly one.

GOSPEL (Lk 6,27-38)

But I say to you who hear me: Love your enemies, do good to those who hate you. Bless those who curse you and pray for those who treat you badly. To the one who strikes you on the cheek, turn the other cheek; from the one who takes your coat, do not keep back your shirt. Give to the one who asks and if anyone has taken something from you, do not demand it back. Do to others as you would have others do to you. If you love only those who love you, what kind of graciousness is yours? Even sinners love those who love them. If you do favors to those who are good to you, what kind of graciousness is yours? Even sinners do the same. If you lend only when you expect to receive, what kind of graciousness is yours? For sinners also lend to sinners, expecting to receive something in return. But love your enemies and do good to them, and lend when there is nothing to expect in return. Then will your reward be great and you will be sons and daughters of the Most High. For he is kind towards the ungrateful and the wicked. Be merciful, just as your Father is merciful. Don't be a judge of others and you will not be judged; do not condemn and you will not be condemned; forgive and you will be forgiven; give and it will be given to you, and you will receive in your sack good measure, pressed down, full and running over. For the measure you give will be the measure you receive back."