

# Reading Matthew in Lent

## Gospel of Matthew 5: 1–20



### The Sermon on the Mount

1 Seeing the crowds, Jesus went up on the mountain,  
and when he sat down, his disciples came to him.

### The Beatitudes

2 And he opened his mouth and taught them, saying:  
3 “Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
4 “Blessed are those who mourn, for they shall be comforted.  
5 “Blessed are the meek, for they shall inherit the earth.  
6 “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.  
7 “Blessed are the merciful, for they shall receive mercy.  
8 “Blessed are the pure in heart, for they shall see God.  
9 “Blessed are the peacemakers, for they shall be called sons of God.  
10 “Blessed are those who are persecuted for righteousness’ sake,  
for theirs is the kingdom of heaven.  
11 “Blessed are you when others revile you and persecute you  
and utter all kinds of evil against you falsely on my account.  
12 Rejoice and be glad, for your reward is great in heaven,  
for so they persecuted the prophets who were before you.

### Salt and Light

13 “You are the salt of the earth,  
but if salt has lost its taste, how shall its saltiness be restored?  
It is no longer good for anything  
except to be thrown out and trampled under people’s feet.  
14 “You are the light of the world.  
A city set on a hill cannot be hidden.  
15 Nor do people light a lamp and put it under a basket,  
but on a stand, and it gives light to all in the house.  
16 In the same way, let your light shine before others,  
so that they may see your good works  
and give glory to your Father who is in heaven.

### Christ Came to Fulfill the Law

17 “Do not think that I have come to abolish the Law or the Prophets;  
I have not come to abolish them but to fulfill them.  
18 For truly, I say to you, until heaven and earth pass away,  
not an iota, not a dot, will pass from the Law until all is accomplished.  
19 Therefore whoever relaxes one of the least of these commandments  
and teaches others to do the same will be called least in the kingdom of heaven,  
but whoever does them and teaches them will be called great in the kingdom of heaven.  
20 For I tell you, unless your righteousness exceeds that of the scribes and Pharisees,  
you will never enter the kingdom of heaven.

## Prayer

O God,  
teach us the hidden wisdom of the gospel,  
so that we may hunger and thirst for holiness,  
work tirelessly for peace,  
and be counted among those  
who seek first the blessedness of your kingdom.

We ask this through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God for ever and ever.

Amen.

---

*Reading Matthew in Lent* is a project of the Catholic Communications Network and the Liturgy Office of the Bishops' Conference. Scripture quotations are from the ESV® Bible (*The Holy Bible, English Standard Version*®), copyright © 2001 by Crossway, a publishing ministry of Good News Publishers. Used by permission. All rights reserved. Prayer ©1997 International Commission on English in the Liturgy Corporation. All rights reserved. Other material and layout © 2019 Catholic Bishops' Conference of England and Wales. <https://www.cbcew.org.uk/reading-matthew/>