

# THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

4th Sunday of Lent (A)

15th March 2026

## The Communion Rite

Stand

*The Priest invites all to join in the Lord's Prayer:*  
**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.**

*The Priest continues alone:*

Deliver us, Lord, we pray, from every evil,  
graciously grant peace in our days,  
that, by the help of your mercy,  
we may be always free from sin  
and safe from all distress,  
as we await the blessed hope  
and the coming of our Saviour, Jesus Christ.  
**For the kingdom,  
the power and the glory are yours  
now and for ever.**

*The Priest says:*

Lord Jesus Christ,  
who said to your Apostles:  
Peace I leave you, my peace I give you,  
look not on our sins,  
but on the faith of your Church,  
and graciously grant her peace and unity  
in accordance with your will.  
Who live and reign for ever and ever.  
**Amen.**

The peace of the Lord be with you always.  
**And with your spirit.**

*The Deacon, or the Priest, adds:*

Let us offer each other the sign of peace.

*The Priest takes the host and breaks it.  
Meanwhile the people say or sing:*

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
have mercy on us.**

**Lamb of God, you take away the sins of the world,  
grant us peace.** *Kneel*

*The Priest shows the host to the people and says:*

Behold the Lamb of God,  
behold him who takes away the sins of the world.  
Blessed are those called to the supper of the Lamb.  
**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

*The Priest or other minister says to each communicant:*

The Body [Blood] of Christ.

*Each communicant answers:* **Amen.**

## Communion Antiphon

Cf. Jn 9:11,38

**The Lord anointed my eyes: I went, I washed,  
I saw and I believed in God.**

## Prayer after Communion

Stand

O God, who enlighten everyone who comes into  
this world,  
illuminate our hearts, we pray,  
with the splendour of your grace,  
that we may always ponder  
what is worthy and pleasing to your majesty  
and love you in all sincerity.  
Through Christ our Lord.  
**Amen.**

## THE CONCLUDING RITES

*Announcements may be made.*

Then:

## Blessing and Dismissal

*Priest:* The Lord be with you.  
*All:* And with your spirit.

## Prayer over the People

*The Deacon, or the Priest, says:*  
Bow down for the Blessing.

*The Priest continues:*

Look upon those who call to you, O Lord,  
and sustain the weak;  
give life by your unflinching light  
to those who walk in the shadow of death,  
and bring those rescued by your mercy from every evil  
to reach the highest good.  
Through Christ our Lord.  
**Amen.**

And may the blessing of almighty God,  
the Father, and the Son, ✠ and the Holy Spirit,  
come down on you and remain with you for ever.  
**Amen.**

*Then the Deacon, or the Priest, says:*

Go forth, the Mass is ended. *Or:*  
Go and announce the Gospel of the Lord. *Or:*  
Go in peace, glorifying the Lord by your life. *Or:*  
Go in peace.

**Thanks be to God.**



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## THE INTRODUCTORY RITES

**Entrance Antiphon** or a hymn

Stand

Cf. Is 66: 10-11

**Rejoice, Jerusalem, and all who love her.  
Be joyful, all who were in mourning;  
exult and be satisfied at her consoling breast.**

*All make the Sign of the Cross as the Priest says:*

In the name of the Father, and of the Son,  
and of the Holy Spirit. **Amen.**

*The Priest greets everyone present.*

*The people respond: And with your spirit.  
The Mass of the day may be introduced.*

## Penitential Act

*The Priest invites the people to repentance  
using one of the Penitential Acts.*

Have mercy on us, O Lord.

**For we have sinned against you.**

Show us, O Lord, your mercy.

**And grant us your salvation.**

*The Priest says the absolution. All reply: Amen.*

Lord, have mercy. **Lord, have mercy.**  
Christ, have mercy. **Christ, have mercy.**  
Lord, have mercy. **Lord, have mercy.**

## Collect

O God, who through your Word  
reconcile the human race to yourself in a

wonderful way,  
grant, we pray,  
that with prompt devotion and eager faith  
the Christian people may hasten  
toward the solemn celebrations to come.

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.**

Sit

## THE LITURGY OF THE WORD

### First Reading

A reading from the First Book of Samuel.

1 Samuel 16:1b, 6-7, 10-13a

In those days: The LORD said to Samuel, 'Fill  
your horn with oil, and go. I will send you to  
Jesse the Bethlehemite, for I have provided for  
myself a king among his sons.'

When they came, he looked on Eliab and  
thought, 'Surely the LORD's anointed is before  
him.' But the LORD said to Samuel, 'Do not look  
on his appearance or on the height of his stature,  
because I have rejected him. For the Lord sees  
not as man sees: man looks on the outward  
appearance, but the LORD looks on the heart.'  
And Jesse made seven of his sons pass before  
Samuel. And Samuel said to Jesse, 'The LORD  
has not chosen these.' Then Samuel said to  
Jesse, 'Are all your sons here?' And he said,  
'There remains yet the youngest, but behold, he  
is keeping the sheep.' And Samuel said to Jesse,  
'Send and get him, for we will not sit down till he  
comes here.' And he sent and brought him in.  
Now he was ruddy and had beautiful eyes and  
was handsome. And the LORD said, 'Arise, anoint  
him, for this is he.' Then Samuel took the horn of  
oil and anointed him in the midst of his brothers.  
And the Spirit of the LORD rushed upon David  
from that day forward.

The word of the Lord.

**Thanks be to God.**

**Psalm** Psalm 23(22):1-3a. 3b-4. 5. 6. R. 1

**R. The LORD is my shepherd; there is nothing  
I shall want.**

The LORD is my shepherd;  
there is nothing I shall want.  
Fresh and green are the pastures  
where he gives me repose.  
Near restful waters he leads me;  
he revives my soul. **R.**

He guides me along the right path,  
for the sake of his name.  
Though I should walk in the valley of the shadow of death,  
no evil would I fear, for you are with me.  
Your crook and your staff will give me comfort. **R.**

You have prepared a table before me  
in the sight of my foes.  
My head you have anointed with oil;  
my cup is overflowing. **R.**

Surely goodness and mercy shall follow me  
all the days of my life.  
In the LORD's own house shall I dwell  
for length of days unending. **R.**

## Second Reading

A reading from the Letter of Saint Paul to the Ephesians. Ephesians 5:8-14

Brothers and sisters: At one time you were darkness, but now you are light in the Lord. Walk as children of light, for the fruit of light is found in all that is good and right and true, and try to discern what is pleasing to the Lord. Take no part in the unfruitful works of darkness, but instead expose them. For it is shameful even to speak of the things that they do in secret. But when anything is exposed by the light, it becomes visible, for anything that becomes visible is light. Therefore it says, 'Awake, O sleeper, and arise from the dead, and Christ will shine on you.'

The word of the Lord.  
**Thanks be to God.**

## Acclamation before the Gospel

*Stand*  
John 8:12

**Praise and honour to you, Lord Jesus.  
I am the light of the world, says the Lord;  
whoever follows me will have the light of life.  
Praise and honour to you, Lord Jesus.**

## Gospel

John 9:1-41

The Lord be with you.  
**And with your spirit.**

A reading from the holy Gospel according to John.  
**Glory to you, O Lord.**

*(Shorter form)*

At that time: As Jesus passed by, he saw a man blind from birth. He spat on the ground and made mud with the saliva. Then he anointed the man's eyes with the mud and said to him, 'Go, wash in the pool of Siloam' (which means Sent). So he went and washed and came back seeing.

The neighbours and those who had seen him before as a beggar were saying, 'Is this not the man who used to sit and beg?' Some said, 'It is he.' Others said, 'No, but he is like him.' He kept saying, 'I am the man.'

They brought to the Pharisees the man who had formerly been blind. Now it was a Sabbath day when Jesus made the mud and opened his

eyes. So the Pharisees again asked him how he had received his sight. And he said to them, 'He put mud on my eyes, and I washed, and I see.' Some of the Pharisees said, 'This man is not from God, for he does not keep the Sabbath.' But others said, 'How can a man who is a sinner do such signs?' And there was a division among them. So they said again to the blind man, 'What do you say about him, since he has opened your eyes?' He said, 'He is a prophet.' They answered him, 'You were born in utter sin, and would you teach us?' And they cast him out.

Jesus heard that they had cast him out, and having found him he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir, that I may believe in him?' Jesus said to him, 'You have seen him, and it is he who is speaking to you.' He said, 'Lord, I believe', and he worshipped him.

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

## The Homily

*Sit*

## The Nicene Creed

*Stand*

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.**

*All bow*

**For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.**

**He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.**

**I believe in one, holy, catholic and apostolic Church.  
I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection  
of the dead  
and the life of the world to come. Amen.**

*Or:*

## The Apostles' Creed

**I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the  
Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of God  
the Father almighty;  
from there he will come to judge the  
living and the dead.**

*All bow*

**I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting. Amen.**

## Prayer of the Faithful

*Response example:* Lord, in your mercy.  
**Hear our prayer.**

*After the concluding prayer all say:* **Amen. Sit**

## THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.  
A hymn may be sung. If the Priest says the two  
prayers of offering aloud, the response both times is:*  
**Blessed be God for ever.**

*The people rise as the Priest says:*  
Pray, brethren (brothers and sisters),  
that my sacrifice and yours  
may be acceptable to God,  
the almighty Father.

*The people reply:*

**May the Lord accept the sacrifice  
at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.**

## Prayer over the Offerings

We place before you with joy these offerings,  
which bring eternal remedy, O Lord,  
praying that we may both faithfully revere them  
and present them to you, as is fitting,  
for the salvation of all the world.  
Through Christ our Lord.  
**Amen.**

## The Eucharistic Prayer

The Lord be with you.  
**And with your spirit.**  
Lift up your hearts.  
**We lift them up to the Lord.**  
Let us give thanks to the Lord our God.  
**It is right and just.**

*The Priest continues with the Preface and  
concludes with the people, singing or saying aloud:*  
**Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes in the name of  
the Lord.**

**Hosanna in the highest. *Kneel***

*The Eucharistic Prayer continues until the Priest says:*

The mystery of faith.  
*And the people continue, acclaiming one of the  
following:*

**We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.**

*Or:*

**When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.**

*Or:*

**Save us, Saviour of the world,  
for by your Cross and Resurrection  
you have set us free.**

*The Priest concludes the Eucharistic Prayer  
saying alone:*

Through him, and with him, and in him,  
O God, almighty Father,  
in the unity of the Holy Spirit,  
all glory and honour is yours,  
for ever and ever.

*The people acclaim:* **Amen.**