

A Reading from the Letter of Saint Paul to the Galatians:

Brothers and sisters:

Live by the Spirit, I say, and do not gratify the desires of the flesh.

For what the flesh desires is opposed to the Spirit,  
and what the Spirit desires is opposed to the flesh;  
for these are opposed to each other,  
to prevent you from doing what you want.

By contrast, the fruit of the Spirit is love, joy, peace, patience,  
kindness, generosity, faithfulness, gentleness, and self-control.

There is no law against such things.

And those who belong to Christ Jesus have crucified their flesh with its  
passions and desires.

If we live in the Spirit, let us also follow the Spirit.

The Word of the Lord.

A Reading from the holy Gospel according to Matthew:

Then Jesus said to his disciples,

“Whoever wishes to come after me must deny himself, take up his cross, and follow me.

For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it.\*

What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life?

For the Son of Man will come with his angels in his Father’s glory, and then he will repay everyone according to his conduct.

The Gospel of the Lord.