

First Reading (alternate): Sirach 4:11-16

¹¹Wisdom exalts her children
and takes in those who seek her.
¹²The one who loves her loves life,
and those who turn to her early in the morning are filled with joy.
¹³The one who takes her hand inherits glory,
and the Holy One blesses the place she enters.
¹⁴Those who worship her worship the Holy One;
the Holy One loves those who love her.
¹⁵The one who obeys her will judge the nations,
and the one who attends to her will dwell securely.
¹⁶If they are faithful, they will inherit her;
and she will be the heritage of their descendants.

Psalm: Psalm 34:1-14

¹I will bless SHE WHO IS GOD at all times;
her praise shall ever be in my mouth.
²I will glory in SHE WHO IS STRENGTH;
let the humble hear and rejoice.
³Proclaim with me the greatness of SHE WHO IS EXALTED
and let us exalt her Name together.
⁴I sought SHE WHO SAVES, and she answered me
and delivered me out of all my terror.
⁵Look upon her and be radiant,
and let not your faces be ashamed.
⁶I called in my affliction and SHE WHO HEARS heard me
and saved me from all my troubles.
⁷The messenger of SHE WHO SAVES encompasses those who revere her,
and she will deliver them.
⁸Taste and see that SHE WHO IS DELIGHT is good;
happy are they who trust in her!
⁹Revere SHE WHO IS GOD, you that are her saints,
for those who revere her lack nothing.
¹⁰The young lions suffer want for food and starve,
but those who seek SHE WHO PROVIDES lack no good thing.

¹¹Come, children, listen to me;
I will teach you the reverence of SHE WHO IS MAJESTY.
¹²Who is the woman or man that desires life,
and would love long days to enjoy good?
¹³Keep your tongue from evil,
and your lips from speaking deceit.
¹⁴Turn from evil, and do good;
seek peace, and pursue it.

Second Reading: Hebrews 5:7-14

⁷In the days of his flesh, Jesus offered up prayers and petitions to the one who was able to save him from death, with loud cries and tears, and he was heard because of his reverence. ⁸Although he was a Son, he learned obedience through what he suffered; ⁹and being made perfect, became the source of eternal salvation for all who obey him. ¹⁰He has been called a high priest according to the order of Melchizedek by God.

¹¹About this we have more than a word and it is hard to explain because you all have become slow in understanding. ¹²Indeed you all ought to be teachers by this time; yet you all need someone to teach you again the foundation elements of the oracles of God. You all need milk, and not solid food. ¹³For everyone who consumes milk is unkilld in the word of righteousness, being an infant. ¹⁴But solid food is for the mature, who because of training of their senses practice to distinguish good from evil.

Gospel: John 5:25-29

²⁵“Truly, truly, I tell you all, the hour is coming, and is now here, when the dead will hear the voice of the Son of God, and those who hear will live. ²⁶For just as the Living God has life internally, just so God has granted the Son to have life internally. ²⁷And God has given the Son authority to render justice, because he is the Son of Woman. ²⁸Do not be astonished at this; for the hour is coming when all who are in their graves will hear his voice ²⁹and will come out—those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of judgment.