

THE THIRTIETH SUNDAY IN ORDINARY TIME

OCTOBER 25TH, 2026 | MASS PREP & SPIRITUAL LEADERSHIP DEVELOPMENT PACKET

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*"Men Helping Men Step Up and Become Better Spiritual Leaders
by Following Christ and the Teachings of His Church."*

 **COMMUNITY OF
TRANSCENDENT MEN**
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MASS READINGS

First Reading — Exodus 22:20–26

Thus says the LORD:

"You shall not molest or oppress an alien,
for you were once aliens yourselves in the land of Egypt.
You shall not wrong any widow or orphan.
If ever you wrong them and they cry out to me,
I will surely hear their cry.
My wrath will flare up, and I will kill you with the sword;
then your own wives will be widows, and your children orphans.
"If you lend money to one of your poor neighbors among my people,
you shall not act like an extortioner toward him
by demanding interest from him.
If you take your neighbor's cloak as a pledge,
you shall return it to him before sunset;
for this cloak of his is the only covering he has for his body.
What else has he to sleep in?
If he cries out to me, I will hear him; for I am compassionate."

The Word of the Lord.

Responsorial Psalm — Psalm 18:2–3, 3–4, 47, 51

R. I love you, Lord, my strength.

I love you, O LORD, my strength,
O LORD, my rock, my fortress, my deliverer.

R. I love you, Lord, my strength.

My God, my rock of refuge,
my shield, the horn of my salvation, my stronghold!
Praised be the LORD, I exclaim,
and I am safe from my enemies.

R. I love you, Lord, my strength.

The LORD lives and blessed be my rock!
Extolled be God my savior.
You who gave great victories to your king
and showed kindness to your anointed.

R. I love you, Lord, my strength.



MASS READINGS

Second Reading — 1 Thessalonians 1:5c–10

Brothers and sisters:

You know what sort of people we were among you for your sake.
And you became imitators of us and of the Lord,
receiving the word in great affliction, with joy from the Holy Spirit,
so that you became a model for all the believers
in Macedonia and in Achaia.
For from you the word of the Lord has sounded forth
not only in Macedonia and in Achaia,
but in every place your faith in God has gone forth,
so that we have no need to say anything.
For they themselves openly declare about us
what sort of reception we had among you,
and how you turned to God from idols
to serve the living and true God
and to await his Son from heaven,
whom he raised from the dead,
Jesus, who delivers us from the coming wrath.

The Word of the Lord.

Gospel — Matthew 22:34–40

When the Pharisees heard that Jesus had silenced the Sadducees,
they gathered together, and one of them,
a scholar of the law tested him by asking,
"Teacher, which commandment in the law is the greatest?"
He said to him,
"You shall love the Lord, your God,
with all your heart,
with all your soul,
and with all your mind.
This is the greatest and the first commandment.
The second is like it:
You shall love your neighbor as yourself.
The whole law and the prophets depend on these two commandments."

The Gospel of the Lord.



SHORT REFLECTION

At the heart of these readings is a simple but demanding message: our love for God must change the way we treat other people. Jesus identifies love of God and love of neighbor as the foundation of everything else, while Exodus makes that love concrete. God pays particular attention to the foreigner, widow, orphan, poor, and anyone vulnerable to being overlooked or exploited. Loving God, then, cannot remain something private or merely spoken; it should become visible in our compassion, generosity, patience, and willingness to recognize the dignity of others.

The Thessalonians show us what happens when faith becomes a way of life. Their example was so powerful that others heard about their faith without Paul needing to explain it. That challenges us to consider what our own lives communicate. If we truly love God with our whole heart, soul, and mind, that love should naturally influence our relationships, decisions, priorities, and treatment of others. The strongest testimony of our faith may not be what we say about God, but how differently we live because we know Him.

LEADERSHIP PRINCIPLES

1. Lead With Compassion

Exodus reminds us that God pays particular attention to those who are vulnerable or overlooked. How do we interact or communicate with people who may not have the influence, confidence, or position to advocate for themselves?

2. Let Your Example Speak

The Thessalonians became models for other believers because their faith could be seen through the way they lived. Inwardly sound leaders have greater influence when our actions consistently reinforce what we say we believe.

3. Keep the Greatest Things First

Jesus cuts through countless laws and identifies what matters most: loving God and loving others. Effective leaders must be able to distinguish between what is merely urgent and what is truly important.

4. Remember Where You Came From

God reminds Israel not to mistreat foreigners because they themselves had once been foreigners in Egypt. Remembering our own struggles can keep success from turning into pride and help us lead others with greater empathy.

5. Draw Strength From God

Psalms 18 describes God as rock, fortress, refuge, and strength. Christian leaders recognize where their real strength comes from.



DISCUSSION QUESTIONS

1. What does it practically look like to love God with your whole heart, soul, and mind in everyday life?

2. Why do you think Jesus connects love of God so closely with love of neighbor? Can one genuinely exist without the other?

3. Exodus repeatedly draws attention to people who are vulnerable or easily overlooked. Who are the people in our lives or communities whom we may unintentionally fail to notice?

4. The Thessalonians' faith became an example to people far beyond their own community. What would someone learn about your faith simply by observing the way you live?

5. Psalm 18 describes God as our rock, fortress, and strength. In what areas of life are you relying primarily on yourself instead of allowing God to be your strength?



ACTION COMMITMENTS

_____ **1. Perform a Hidden Act of Charity**

Do something generous for another person this week without telling anyone or expecting recognition in return.

_____ **2. Read the Greatest Commandments Daily**

Begin each morning this week by slowly reading Matthew 22:37–40 and asking how you can live those words during the day ahead.

_____ **3. Choose Someone Who Is Overlooked**

Intentionally spend time talking with, encouraging, or including someone you might normally pass by without much thought.

_____ **4. Fast From an “Idol”**

Give up one unnecessary comfort, distraction, purchase, or form of entertainment for a day and use the sacrifice to refocus your attention on God.

_____ **5. Make an Examination of Love**

At the end of one day, review your interactions and ask yourself two questions: “Where did I love well today?” and “Where could I have loved better?”

CLOSING PRAYER

Lord, teach us to love You with all our heart, soul, and mind, and let that love become visible in the way we treat every person we encounter. Give us compassionate hearts, lives that reflect our faith, and the courage to place You at the center of everything we do.

We ask this through Christ our Lord. Amen.

