



WHAT PROFIT IS IT TO GAIN THE WHOLE WORLD AND FORFEIT ONE'S LIFE?

LIFE IS THE GREATEST GIFT that God has given us. Before we owned anything, achieved anything, or became anyone, we first received the gift of life. It is a gift that we did not earn and could never buy. We had no say on how we came to life, who our parents are, what our gender or race may be. In the Second Book of Maccabees, the courageous mother encourages her seven sons to remain faithful to God who gave them life. She says, "I do not know how you came into being in my womb. It was not I who gave you life and breath, nor I who set in order the elements within each of you. Therefore the Creator of the world, who shaped the beginning of man and devised the origin of all things, will in his mercy give life and breath back to you again" (2 Mac 7:22–23). They might forfeit their lives but God will surely give their lives back to them in the form of their immortal souls.

Nowadays, we speak of a purpose-driven life, a life lived with a clear sense of meaning, direction, and mission. It means understanding why you exist and allowing that purpose to guide your decisions, relationships, priorities, and actions. It is living for something greater than personal pleasure, success, or wealth.

From a Christian perspective, a purpose-driven life begins with recognizing that God created each person for a reason. Life's purpose is not something we invent for ourselves but



Fr. Gil Alinsangan, SSP

something we discover in our relationship with God.

In today's world, many people measure success by wealth, power, popularity, or accomplishments. Yet Jesus reminds us in today's Gospel: "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" (Mt 16:26). Material possessions and earthly achievements are temporary, but life itself is sacred and precious. Without life, all other gifts lose their meaning.

Life is not merely about existing; it is about living with purpose. God has entrusted each of us with unique talents, relationships, and opportunities to love and serve others. Every day is a chance to grow in faith, to forgive, to show kindness,

and to become the person God created us to be. When we live only for ourselves, we diminish the gift. When we live for God and for others, the gift flourishes.

Life also includes moments of suffering, uncertainty, and loss. These challenges can make us question the value of life. Some become depressed; some even commit suicide, losing all meaning and will to live. Yet even in difficult times, life remains a gift because God is present with us. The cross of Christ teaches us that suffering does not have the final word; love and resurrection do. Through our trials, we often discover deeper faith, stronger character, and greater compassion.

As stewards of this gift, we are called to cherish and protect life—our own and that of others. We honor the gift of life when we respect human dignity, care for the vulnerable, nurture our families, and use our time wisely. We waste this gift when we take it for granted or live without regard for God's will.

Jesus reminds us that our true worth is not found in what we own but in who we are before God. The human soul, our life, is infinitely valuable because it is destined for eternal life. No amount of worldly success can compensate for the loss of our relationship with God.

May we never exchange eternal treasures for temporary gains. For in the end, the greatest profit is not gaining the whole world, but gaining Christ and the eternal life He promises.

THE INTRODUCTORY RITES

Entrance Antiphon

(Ps 70 [69]:2, 6)

(Recited when there is no opening song.)

**O LORD, make haste to help me!
You are my rescuer, my help;
O LORD, do not delay.**

Greeting

(The sign of the cross is made here.)

P—The Lord be with you.

All—And with your spirit.

Introduction

(These [or similar words] may be used to address the assembly.)

P—Today's Gospel declares that discipleship is a daily carrying of our own crosses. Christian life involves daily sacrifices to counter the evils of this world. True commitment involves giving of oneself for the sake of truth, justice, and love in this world. Whenever we carry our crosses in life with perseverance, God assures us that we will gain the promise of eternal life.

Penitential Act

P—Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries. *(Pause)*

All—I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, (striking your breast) through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

P—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

All—Amen.

P—Lord, have mercy.

All—Lord, have mercy.

P—Christ, have mercy.

All—Christ, have mercy.

P—Lord, have mercy.

All—Lord, have mercy.

Collect

P—Let us pray. *(Pause)*

Draw near to your servants, O Lord, and answer their prayers with unceasing kindness, that, for those who glory in you as their Creator and guide, you may restore what you have created and keep safe what you have restored.

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.

All—Amen.

LITURGY OF THE WORD



Reading (Na 2:1, 3; 3:1–3, 6–7) *(Sit)*

God is about to judge the cruel empire of Assyria by overthrowing Nineveh, while at the same time restoring hope and freedom to his people, Judah. The passage is both a warning to the oppressors and a promise of deliverance to the oppressed.

A reading from the Book of the Prophet Nahum

UPON THE MOUNTAINS there advances the bearer of good news, announcing peace! Celebrate your feasts, O Judah, fulfill your vows! For nevermore shall you be invaded by the scoundrel; he is completely destroyed. The LORD will restore the vine of Jacob, the pride of Israel, though ravagers have ravaged them and ruined the tendrils.

Woe to the bloody city, all lies, full of plunder, whose looting never stops! The crack of the whip, the rumbling sounds of wheels; horses a-gallop, chariots bounding, cavalry charging, the flame of the sword, the flash of the spear, the many slain, the heaping corpses, the endless

bodies to stumble upon! I will cast filth upon you, disgrace you and put you to shame; till everyone who sees you runs from you, saying, "Nineveh is destroyed; who can pity her? Where can one find any to console her?"

—The word of the Lord.

All—Thanks be to God.

Responsorial Psalm (Dt 32)

R—It is I who deal death and give life.

1. Close at hand is the day of their disaster,/ and their doom is rushing upon them!/ Surely, the LORD shall do justice for his people;/ on his servants he shall have pity. **(R)**

2. "Learn then that I, I alone, am God,/ and there is no god besides me./ It is I who bring both death and life,/ I who inflict wounds and heal them." **(R)**

3. I will sharpen my flashing sword,/ and my hand shall lay hold of my quiver,/ "With vengeance I will repay my foes/ and requite those who hate me." **(R)**

Alleluia (Mt 5:10) *(Stand)*

All—Alleluia, alleluia. Blessed are they who are persecuted for the sake of righteousness; for theirs is the Kingdom of heaven. Alleluia, alleluia.

Gospel (Mt 16:24–28)

P—A reading from the holy Gospel according to Matthew
All—Glory to you, O Lord.

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 each according to his conduct. Amen, I say to you, there are some standing here who will not taste death until they see the Son of Man coming in his Kingdom."

—The Gospel of the Lord.

All—Praise to you, Lord Jesus Christ.

Homily *(Sit)*

Prayer of the Faithful

P—Let us pray to the Father that we may be comforted in our sorrow and strengthened in our weakness. With confidence, we pray:

R—Lord, hear our prayer.

C—For the Church: may she recognize the voice of today's prophets and listen to the call for repentance and renewal. We pray: **(R)**

C—For Pope Leo, bishops, priests, and deacons: may they be shepherds after the heart of Jesus. We pray: **(R)**

C—For our country: may peace and justice reign in our land, and may our people build a society on mutual respect and harmony. We pray: **(R)**

C—For our political and religious leaders: may they follow the commandments of the Lord in their public and private lives. We pray: **(R)**

C—For those who grow cold in their faith: may they know the compassion and comfort of the Sacred Heart of Jesus. We pray: **(R)**

C—Let us pray for the urgent concerns of our community and our personal intentions *(pause)*. We pray: **(R)**

P—Almighty Father, hear our supplications. Strengthen us with your presence and turn our sorrow into joy.

Through Christ our Lord.

All—Amen.

LITURGY OF
THE EUCHARIST



Presentation of the Gifts

P—Pray, brethren...

All—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
(Stand)

P—Graciously sanctify these gifts, O Lord, we pray, and, accepting the oblation of this spiritual sacrifice, make of us an eternal offering to you.

Through Christ our Lord.

All—Amen.

Preface VI *(The pledge of the eternal Passover)*

P—The Lord be with you.

All—And with your spirit.

P—Lift up your hearts.

All—We lift them up to the Lord.

P—Let us give thanks to the Lord our God.

All—It is right and just.

P—It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God.

For in you we live and move and have our being, and while in this body we not only experience the daily effects of your care, but even now possess the pledge of life eternal.

For, having received the first fruits of the Spirit, through whom you raised up Jesus from the dead, we hope for an everlasting share in the Paschal Mystery.

And so, with all the Angels, we praise you, as in joyful celebration we acclaim:

All—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)

Acclamation *(Stand)*

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

THE COMMUNION RITE

The Lord's Prayer

All—Our Father...

P—Deliver us...

All—For the kingdom, the power and the glory are yours now and for ever.

Invitation to Peace

Invitation to Communion
(Kneel)

P—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.

All—Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

Communion Antiphon
(Wis 16: 20)

You have given us, O LORD, bread from heaven, endowed with all delights and sweetness in every taste.

Prayer after Communion
(Stand)

P—Let us pray. *(Pause)*

Accompany with constant protection, O Lord, those you renew with these heavenly gifts and, in your never-failing care for them, make them worthy of eternal redemption.

Through Christ our Lord.

All—Amen.

THE CONCLUDING RITES

P—The Lord be with you.

All—And with your spirit.

Prayer over the People

P—Bow down for the blessing. *(Pause)*

Grant, O Lord, we pray, that the Christian people may understand the truth they profess and love the heavenly liturgy in which they participate.

Through Christ our Lord.

All—Amen.

P—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.

All—Amen.

Dismissal

P—The Mass is ended. Go and announce the Gospel of the Lord.
All—Thanks be to God.



PRAYER TO THE SACRED HEART OF JESUS

Divine Jesus, you have said, "Ask, and you shall receive; seek, and you shall find; knock, and it shall be opened unto you," behold me kneeling at your feet, filled with a lively faith and confidence in the promises dictated by your Sacred Heart and pronounced by your adorable lips. I come to ask this favor: *(Here silently mention your petitions.)*

To whom can I turn if not to you whose Heart is the source of all graces and merits? Where should I seek if not in the treasure which contains all the riches of your kindness and mercy? Where should I knock if not at the door through which God gives himself to us and through which we go to God? I have recourse to you, Heart of Jesus. In you I find consolation when afflicted, protection when

persecuted, strength when burdened with trials, and light in doubt and darkness.

Dear Jesus, I firmly believe that you can grant me the grace I implore, even though it should require a miracle. You have only to will it, and my prayer will be granted. I admit that I am most unworthy of your favors, but this is not a reason for me to be discouraged. You are the God of mercy and you will not refuse a contrite heart. Cast upon me a look of mercy, I beg of you, and your kind Heart will find in my miseries and weaknesses a reason for granting my prayers.

O Sacred Heart, whatever may be your decision with regard to my request, I will never stop adoring, loving, praising, and serving you. My Jesus, be pleased to accept this my act of perfect resignation to the decrees of your adorable Heart which I sincerely desire may be fulfilled by me and by all your creatures forever.

Sacred Heart of Jesus, I know that there is but one thing impossible to you: to be without pity for those who are suffering or in distress. Look upon me, I beg of you, dear Jesus, and grant me the grace for which I humbly implore you through the Immaculate Heart of your most sorrowful Mother. You have entrusted me to her as her child, and her prayers are all-powerful with you. Amen.

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