

## The 14<sup>th</sup> Sunday in Ordinary Time

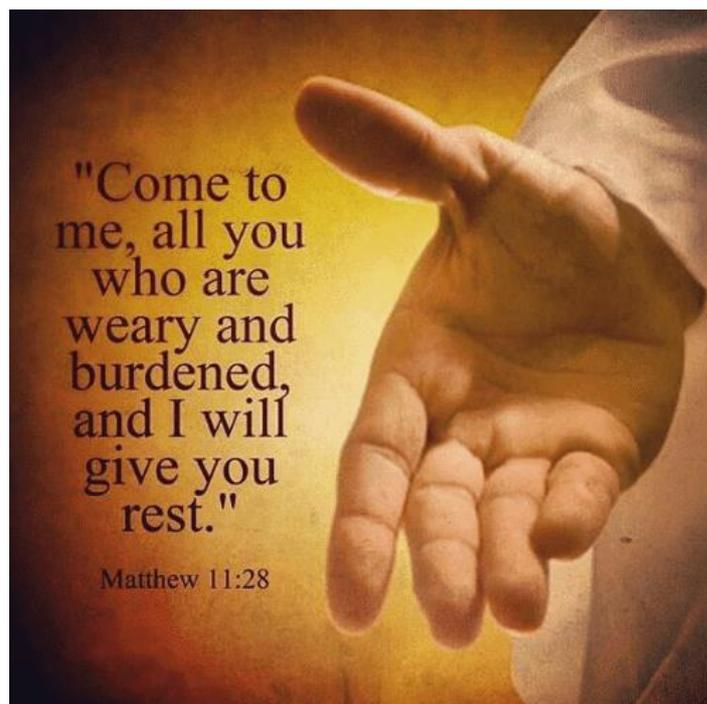
The Gospel is taken from the book of Matthew  
11:25-30 International Children's Bible (ICB)

### Jesus Offers Rest to People

<sup>25</sup>Then Jesus said, "I thank you, Father, Lord of heaven and earth. I praise you because you have hidden these things from the people who are wise and smart. But you have shown them to those who are like little children. <sup>26</sup>Yes, Father, this is what you really wanted.

<sup>27</sup>"My Father has given me all things. No one knows the Son—only the Father knows the Son. And no one knows the Father—only the Son knows the Father. And the only people who will know about the Father are those whom the Son chooses to tell.

<sup>28</sup>"Come to me, all of you who are tired and have heavy loads. I will give you rest. <sup>29</sup>Accept my work and learn from me. I am gentle and humble in spirit. And you will find rest for your souls. <sup>30</sup>The work that I ask you to accept is easy. The load I give you to carry is not heavy."



Right now, you might be longing for rest. So many things in the world have been turned upside down and so much of our own lives has been disrupted, perhaps permanently changed. Things we would never have thought possible are now the case.

In this reading, Jesus tells us that, for all our learning, we don't know what lies in store for any of us, still less are we able to direct it.

In what ways are you dealing with disruption and changes to the usual order of things?

Jesus tells us that our response must not be to rely on our own cleverness or learning, but to become humble and, like children, trust in God our Father.

It's in this complete trust in God, like a child in their parent, that we will find rest.

Take a moment to imagine that feeling of security and trust in an utterly loving parent, a God who keeps His promises.

Jesus promises, "Come to me all you who labour and are overburdened, and I will give you rest."

His way is not to sort out the world to have it as we would like it to be. His way is to shoulder our burden and to walk with us, yoked side by side.

Jesus said, "Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

This is a time when, usually, we might have found encouragement in the thought of the summer holidays only being two weeks away. This year, however, the summer holidays might look very different for many people.

In what ways might you look forward to a time of rest?

Can you find comfort in St Paul's message that 'our true homeland is in heaven'?

To close this time of prayer, you might like to reflect on Pope Francis' words:

"To those who suffer, God does not provide arguments which explain everything; rather His response is that of an accompanying presence, a history of goodness which touches every story of suffering and opens up a ray of light."

'Lumen Fidei'

Glory be to the Father and to the Son and to the Holy Spirit. Amen

