

14TH SUNDAY IN ORDINARY TIME

FIRST READING

Zechariah 9:9-10

Thus says the Lord:

Rejoice greatly, O daughter
of Sion!

Shout aloud, O daughter
of Jerusalem!

Behold, your king is coming
to you;

righteous and having
salvation is he,
humble and mounted on a
donkey,

on a colt, the foal of a
donkey.

I will cut off the chariot
from Ephraim

and the war horse from
Jerusalem;

and the battle bow shall be
cut off,

and he shall speak peace to
the nations;

his rule shall be from sea to
sea,

and from the River to the
ends of the earth.

PSALM

*Ps 145(144):1-2. 8-9. 10-11.
13c-14. R. cf. 1*

**R I will bless your name
for ever, my God and
king.**

I will extol you, my God and
king, and bless your name
for ever and ever.

I will bless you day after day,
and praise your name for
ever and ever. R

The Lord is kind and full of
compassion, slow to anger,
abounding in mercy.

How good is the Lord to all,
compassionate to all his
creatures. R

All your works shall thank
you, O Lord, and all your
faithful ones bless you.

They shall speak of the
glory of your reign,
and declare your mighty
deeds. R

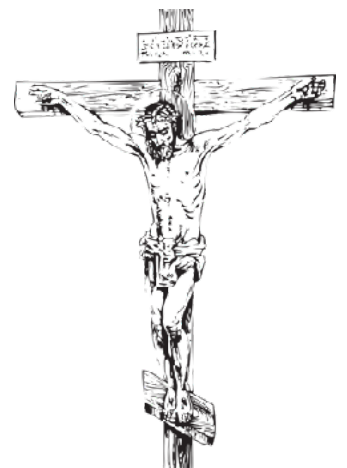
The Lord is faithful in all his
words, and holy in all his
deeds. The Lord supports all
who fall, and raises up all
who are bowed down. R

**R I will bless your name
for ever, my God and
king.**

SECOND READING

Romans 8:9, 11-13

Brothers and Sisters: You
are not in the flesh but in
the Spirit, if in fact the
Spirit of God dwells in you.
Anyone who does not have
the Spirit of Christ does not
belong to him. If the Spirit
of him who raised Jesus
from the dead dwells in you,
he who raised Christ Jesus
from the dead will also give
life to your mortal bodies
through his Spirit who
dwells in you. So then,
brothers and sisters, we are
debtors, not to the flesh, to
live according to the flesh.
For if you live according to
the flesh you will die, but if
by the Spirit you put to
death the deeds of the body,
you will live.



GOSPEL ACCLAMATION

Alleluia, alleluia...

I thank you, Father, Lord of heaven and earth, you have revealed the secrets of the kingdom to little children.

Alleluia...

GOSPEL

Matthew 11:25-30

At that time Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

REFLECTION

The words of Jesus in this Sunday's Gospel are among the most comforting in the whole of Scripture. "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest." They are words that have echoed through the centuries into hospital wards, prison cells, monasteries, battlefields and homes filled with grief and worry. They are spoken as clearly to us today as they were to those first disciples.

It is striking that Jesus does not promise to remove every burden from our shoulders. Instead, He invites us to carry them with Him. "Take my yoke upon you... for my yoke is easy, and my burden is light." A yoke was designed for two animals to work together, sharing the weight between them. Christ is not asking us to struggle alone; He is inviting us to walk alongside Him. St Augustine reminds us that our hearts are restless until they find their rest in God. We often spend our lives searching for peace in success, possessions, or the approval of others, only to discover that none of these things can quiet the deepest longings of the human heart. True rest is not found in escaping the demands of life but in learning to place our lives into the hands of the One who made us.

St John Chrysostom also observes that Christ does not call only the strong or the successful. He calls those who are weary. He calls those who know they cannot carry the weight alone. That is one of the beautiful paradoxes of the Christian life. We do not come to Christ because we have everything under control. We come precisely because we do not.

Perhaps there is another invitation hidden within these words. Jesus describes Himself as "gentle and humble in heart." In a world that often rewards noise, ambition and self-promotion, Christ reveals that the true character of God is found in humility. If we would learn to rest in Him, we must also learn to become like Him.

As we reflect on this Gospel, perhaps we might ask ourselves what burdens we are still trying to carry alone. Christ does not stand at a distance waiting for us to become stronger. He stands beside us, inviting us to place our lives into His hands and discover that His strength is more than sufficient for our weakness.