



July 9, 2023 | Fourteenth Sunday in Ordinary Time

Zec 9:9-10 | Rom 8:9, 11-13 | Mt 11:25-30

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

What does a restful day look like to you? Maybe it's a lazy day poolside with a good book and a cold drink, or perhaps a dark room, cozy blanket, and a good movie. Lazy days like these are hard to come by; truly restful days in our busy world are even fewer and farther between. Although "taking a break" every once in a while from the cares of the world is certainly good for everyone, in today's Gospel Jesus is referring to true rest that only he can provide. Jesus asks us to take up his yoke and learn from him "and [we] will find rest for ourselves." Our burdens will be lighter because he shares them with us. Jesus says: "I am meek and humble of heart." Imagine the strength to be found in that meekness, that humility! We will know true rest when we surrender ourselves to Jesus and live in the freedom only he can provide.

PRAISE Share your worries and anxieties with Christ through prayer. Offer a prayer of thanksgiving and praise using today's psalm: *The Lord is faithful in all his words and holy in all his works. The Lord lifts up all who are falling and raises up all who are bowed down. I will praise your name for ever, my king and my God.*

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In order to find rest in the Lord, we must remember that "[we] are in the spirit, if only the Spirit of God dwells in [us]," as Saint Paul writes to the Romans. Therefore, Jesus is inviting us into union with him, as well as with the Father and the Holy Spirit. How do we yoke ourselves to Christ? By living out our baptismal promises, celebrating the sacraments, and through our lives of faith, we allow Jesus to work through us and lead the way. Let us make an effort this week to hand over our worries and anxieties to Jesus. And let us never forget that the Holy Spirit dwells within us.