

14th Sunday of Ordinary Time

Zechariah 9:9-10
Ps 145:1-2,8-11,13-14
Romans 8:9,11-13
Matthew 11:25-30

Monday July 6

Hosea 2:16-18,21-22
Ps 145:2-9
Matthew 9:18-26

Tuesday July 7

Hosea 8:4-7,11-13
Ps 115:3-10
Matthew 9:32-38

Wednesday July 8

Hosea 10:1-3,7-8,12
Ps 105:2-7
Matthew 10:1-7

Thursday July 9

Hosea 11:1-4,8c-9
Ps 80:2ac,3b,15-16
Matthew 10:7-15

Friday July 10

Hosea 14:2-10
Ps 51:3-4,8-9,12-14,17
Matthew 10:16-23

Saturday July 11

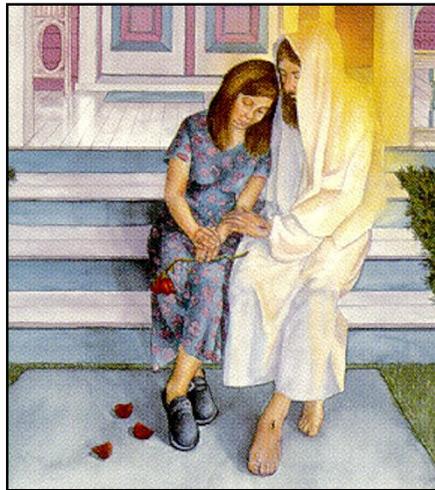
St. Benedict

Isaiah 6:1-8
Ps 93:1-2,5
Matthew 10:24-33

Does the yoke of Jesus weigh you down or does it feel light? His yoke – according to what he exemplified with his life – is servanthood, a ministry that cares for others, a love that makes sacrifices.

We're weighed down by personal struggles; we have crosses to carry and so many people need our attention that we're exhausted from it all. We need a vacation, an escape, time out! So why does Jesus tell us that his yoke is easy? Why does he say that the burdens of servanthood are light?

When the burdens of life wear us down and tire us out, it's usually because we've taken on more responsibility than God has actually given to us.



mistaken ideas of what we should be doing. It is when we remember that we're yoked to Someone who is infinitely stronger and wiser than we are that the burden becomes light. The yoke becomes a source of joy.

Jesus offers us everything we need for plowing the fields that God assigns to us. When we cooperate with him, the burden is indeed light. We find rest in Jesus and we benefit from his strength. We experience holy pleasure in our tasks, because we're yoked to the energy of Jesus.

Reflect & Discuss:

1. What are you doing that seems good but is wearing you out?
2. What part of it is not God's idea?
3. What can you do to become more aware of the strength of Jesus?
4. Become accountable for the answer to the above questions by speaking of it to your family or faith community: What changes *are* you going to make to allow Jesus to refresh and renew you?
5. How might this make a difference?

Or else it's because we're expending energy trying to get rid of a cross after Jesus has yoked us to it. If the burden leads to burn-out, God lets us get tired, because he's warning us: "Slow down! Simplify your life! Make a change! Spend more time in prayer!"

If it leads to anger and resentment, God is showing us that our selfish desire for an easier life is, in reality, making our lives more difficult.

In other words, when we strain and pull against the yoke – against our union with Christ – we suffer from our own