



AMDG
14TH SUNDAY IN
ORDINARY TIME
YEAR A
9TH JULY 2017



My yoke is easy and my burden is light

OPENING PRAYER

O God, who in the abasement of your Son
have raised up a fallen world,
fill your faithful with holy joy,
for on those you have rescued from slavery to sin
you bestow eternal gladness.

This week's readings speak of our need to entrust all that we are and all that we do, to our God who will guide and help us.

The First Reading speaks of our joy in the power of the Lord to overcome war and violence, and bring the peace of his kingdom. We pray for the gentle and humble way of proceeding that is God's way for us.

St Paul (Second Reading) reminds us that the Holy Spirit living within us will give us life and show us the way to live.

Jesus speaks of the need to come to him with a child-like trust: he knows we cannot understand or fulfil all that he asks of us in our own strength (Gospel). We may try, but find our labouring is burdensome. Instead, as we go about our daily tasks this week, we begin by quietly entrusting ourselves to the Lord, asking him to reveal to us all that is required for today. If we allow ourselves to rest in the Lord, trusting him for one step at a time, we will find his way is easy and light, and full of joy.

RESPONSORIAL PSALM: PSALM 144

R./ I will bless your name for ever and ever, O God my King

I will give you glory, O God my King,
I will bless your name for ever.
I will bless you day after day
and praise your name for ever.

The Lord is kind and full of compassion,
slow to anger, abounding in love.
How good is the Lord to all,
compassionate to all his creatures.

All your creatures shall thank you, O Lord,
And your friends shall repeat their blessing
They shall speak of the glory of your reign,
and declare your might, O God.

The Lord is faithful in all his words
and loving in all his deeds.
The Lord supports all who fall
and raises all who are bowed down.

After coming to stillness in the presence of God, in whatever way is best for me, I pray for the grace of gratitude, of recognising that all I have and am is God's gift to me.

I read this psalm of praise slowly, line by line, noticing those places where I am drawn to linger. Perhaps I repeat a word or a phrase several times, savouring its meaning, allowing it to resonate within me. This is God's word for me today.

After a time, I share what I am thinking and feeling with our Lord. Do I feel in need of support? Or perhaps bowed down by life's difficulties? I turn to the Lord who is kind and compassionate, and understands all my needs.

I end my prayer slowly, entrusting myself to God's loving care.

GOSPEL: MATTHEW 11: 25-30

Jesus exclaimed, “I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children.

Yes, Father, for that is what it pleased you to do.

Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

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

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.”

As I begin my prayer today, I ask for the grace of a child-like trust and confidence in the goodness of God.

I take all the time I need to come to stillness and quiet in the presence of God. I know that the Lord accepts me in love just as I am, today and always. I am God’s precious child; I can be myself with the Lord in complete trust.

When I am ready, I read Jesus’ words. I do not hurry, but stay for a while with whatever word or phrase seems significant for me.

Perhaps today I feel overburdened by what seems asked of me in my life? Gently and humbly, I share with the Lord whatever is weighing heavily on me, asking him to share my burdens.

Does the Lord see my burdens in the same way as I do?

In what ways is he inviting me ...? to rest ... to rely on him ... or...? I speak with Jesus as friend and saviour.

At the end of my prayer, I thank God for his presence with me today. I ask for whatever grace I need. Our Father...

Here's a text if you've only got a minute...

The Lord supports all who fall and raises all who are bowed down. *Psalm*

Come to me, all you who labour and are overburdened, and I will give you rest. *Gospel*

The Lord is kind and full of compassion, slow to anger, abounding in love. *Psalm*

He will proclaim peace for the nations. *First Reading*

This week's texts if you'd like to reflect further:

Zechariah 9: 9–10; Psalm 144 (145) ; Romans 8: 9.11–13;

Matthew 11: 25–30



How does this image help me meditate on these readings?



ST BEUNO'S OUTREACH
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JESUIT
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