

July 5th 2026 14th Sunday Ordinary Time – Year A Matthew 11:25-30

¹¹⁻²⁵At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. ²⁶Yes, Father, for this is what you were pleased to do. ²⁷“All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. ²⁸“Come to me, all you who are weary and burdened, and I will give you rest. ²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

➤ Read and re-read – out loud and slowly the Gospel.	➤ Pray - Thanksgiving – Repentance – Petition.
➤ Meditate - on reading as being spoken to you, an experience in your life.	➤ Action – Attitude (Call to change / to act /to do).

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In this week’s gospel today we read about Jesus dealing with a society in which people were very conscious of status, dignity and external appearances. He wanted to break down the barriers this created so that we would be aware of their worth and dignity. He let us into the secret of his relationship with his Father, one of total trust. This trust freed him from anxiety and worry about himself.

Who were the people in our lives who were not highly thought of in human terms, but who were a light to us?

Prayer:

Thank You Lord for the precious moments when you broke down the barriers we had set up by the gentle and humble way you accepted us and all our weakness.

Forgive us Lord for the times we added to peoples burdens by our words or actions instead of being like Jesus trying to understand them and gaining their trust.

Help us Lord to have complete trust in you as you had in your Father. This trust freed you from worry and anxiety about yourself and allowed you to bring rest to those who were overburdened. Help us to do likewise in your name.