

FOURTEENTH SUNDAY IN ORDINARY TIME

July 5, 2026

Gospel: (Matthew 11:25-30)

Jesus exclaimed: *"I give you praise, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him. "Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light."*

Reflection:

The love Jesus speaks of is a self-sacrificing love that knows no bounds when the good of the other is at stake. No bound, not even one's life. Jesus' command of love requires of us no less than dying to ourselves. We must let go of all our own pretensions, become meek and humble like Jesus and serve others. In everyday terms this means that we always seek God's will in our lives. This isn't always easy, because our natural human tendency is to seek our own good. Just as Jesus came to do God's will and brought salvation and peace, so when we do God's will we extend salvation and know peace. This is knowing God! (Living Liturgy, p.192)

Vincentian Meditation:

Not only will we find rest and refreshment in Christ as we move along the road of life, but He would have us learn from Him meekness and humility of heart. Gentleness and humility of heart contribute much to our peace and rest on our journey to heaven. St. Vincent would wish us to be sacraments of the gentleness of Christ. Not only must we bring strength and help to the poor, but we must put them in contact with the meekness of Jesus. That is why it is important that we should not be angry people. If there is anger in our hearts, it will be difficult for us to help the poor effectively because we will not bring to them the gentleness of Jesus. (9McCullen, Deep Down Things, p.573)

Discussion: (Share your thoughts on the readings after a moment of silence.)

Who are the Vincentians that have shown you how to be "sacraments of the gentleness of Christ"?

Closing Prayer:

Lord, make us gentle servants,
 -with eyes to see the poor.
Lord, make us humble servants,
 -with ears to hear the cries of the poor.
Lord, we come to you with our labors and burdens,
 -may we know your rest.
Amen



Come
to me
and I
will
give
you
rest.