

JULY 9, 2017



# FOURTEENTH SUNDAY IN ORDINARY TIME



ZECHARIAH 9:9-10

PSALM 145:1-2, 8-9, 10-11, 13-14

ROMANS 8:9, 11-13

MATTHEW 11:25-30

## REFLECTION

As I sat down to write this reflection, a blank page stared back at me. The words just weren't coming, my thoughts wandered off and I became preoccupied with many things. Writer's block is so frustrating! Then along came "Port," the scrappy little dog with a cast on his broken leg who my family had agreed to care for while he healed. He climbed into my lap and fell asleep. With Port resting there without a care in the world, today's Scripture sank in: "Come to me, all you who labor and are burdened, and I will give you rest" (Matthew 11:28). Just as Port rested at my side so are we to allow ourselves to lean on Jesus. He will relieve us of our worries and lead us to the Father. There, in the tender embrace of God, we can rest. We are all like that little doggy Port in some way: broken, in need of healing, and in need of curling up in our Master's lap to become whole again.



ST. VINCENT (2014)

## ACTION

What is it that burdens you most? While only you can answer the question of what burdens you most, here's an exercise to help you hand them over to God. Find a big rock or a large book or even a dumbbell—something heavy. Hold that object in your lap and imagine that it represents the burdens you carry. Feel the weight of these burdens as they press down upon you. Now, set that heavy object aside and feel the relief that comes with letting go. Give everything back to Jesus, whose "yoke is easy and whose burden is light." Jesus can absorb whatever you throw at him and he wants to carry the load for you.

## JOURNALING QUESTIONS

- What burdens you most? How might your life be different if you were able to hand your burdens over to Jesus on a daily basis?