



14th Sunday in Ordinary Time

Matthew 11: 25-30

At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. Come to me, all who labour and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Some things to think about...

- What do you think Jesus means by a "burden"?
- What burdens or challenges do people face in our school, community, and the wider world?
- Jesus speaks about a "yoke" - A wooden beam used to join two farm animals together so they can share the weight of a heavy load.
- How does Jesus help us when life feels difficult?
- How can we help make someone else's burden lighter this week?
- Why is it important to trust in Jesus rather than trying to do everything on our own?



Activity: Helping to Carry Burdens

Jesus tells us, "Come to me, all who labour and are heavy laden, and I will give you rest." Give each Mini Vinnie a paper cut-out of a backpack. Ask them to write or draw one burden that people in our school, community, or wider world might carry, such as loneliness, hunger, illness, worry, or sadness.

Place all the backpacks together and discuss:

- Which burdens do we see most often?
- How might Jesus help people carrying these burdens?
- What could we do as Mini Vinnies to make one of these burdens lighter?

As a group, choose one practical action to carry out during the week.

Teacher's Notes

In this Gospel, Jesus reminds us that God reveals His love to those who are humble and open-hearted, like children. He invites everyone who is worried, tired, or carrying heavy burdens to come to Him for comfort and strength. Jesus teaches us to be gentle, kind, and caring towards others. As Mini Vinnies' members, we can follow Jesus' example by noticing when people around us are struggling and offering help, friendship, and encouragement. Sometimes a small act of kindness can make someone's burden feel lighter. By serving others with humility and compassion, we share God's love and help build a more caring and hopeful community.

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