

14th Sunday in Ordinary Time (Year A)



Matthew 11:25–30

'I am gentle and lowly in heart.'

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.'

Reflection

Jesus' words in today's Gospel are full of encouragement and hope. He invites us to come to Him with all the worries, pressures, and burdens that we carry. Whether we are struggling with school, work, friendships, family life, or simply feeling overwhelmed, Jesus promises that we do not have to carry these things alone. He walks alongside us, helping us to find strength, peace, and direction. The Lord wants to be part of our everyday lives, not just the moments when things are difficult. He invites us to walk with Him each day, learning from His gentleness, humility, and love. As Vincentians, we are also called to help lighten the burdens of others, offering friendship, support, and practical help to those who may be struggling. This is a Gospel passage worth returning to often, reminding us not only of Jesus' care for us, but also of our call to reflect that care in the lives of others.

Materials needed

- Journal/notebook
- Paper
- Pens

Activity

Jesus invites us to bring our burdens to Him, and as Vincentians, we are called to help lighten the burdens of others.

Summer can be a difficult or lonely time for some people, particularly those who may not have family or friends nearby. As a group, think about someone in your local community who might benefit from some extra care or friendship over the summer.

What could you do to make their summer a little brighter? Perhaps you could write cards for residents of a care home, organise a collection for a local food bank, visit someone who is lonely, or arrange a simple activity for people in your community.

Choose one practical action and make a plan to put it into practice over the summer.

Call to Action

Jesus says, "Come to me, all who labour and are heavy laden." This week, don't stop at bringing your own worries to Him- look for an opportunity to help carry someone else's burden too. As a group, commit to one act of service that brings encouragement, friendship, or practical support to those in need. Through your actions, help others experience the gentleness and love of Christ.

