



Sunday Summary

Matthew 11:25-30

Today's reading summarizes these themes; Jesus has witnessed to the rejection of both John the Baptist and himself (11:7-19), and has condemned those who have seen his "deeds of power" yet not repented (11:20-24). Jesus goes on to praise God for the divine wisdom that hid these truths from the unrepentant. True recognition of spiritual reality comes from God (16:17), but God is neither capricious nor insensitive to people's lives in disclosing spiritual truth. The "infants," the "simple" (New English Bible), are open to receiving it.

The whole passage unites both apocalyptic and wisdom themes. Jesus is the One who reveals God to humanity; in Jesus are offered the knowledge of God (Isaiah 11:9) and the Sabbath rest promised in the last days (Hebrews 4:1-10). Jesus is himself both the teacher and the lesson. He is "gentle and humble in heart" and calls us to accept him and become like him.

Weekly Reflection



When Jesus invites us to take his yoke upon us, we may have trouble visualizing his meaning. Maybe a backpack would serve our imaginations better. Imagine a backpack on our own back, one that we can stuff as we choose. First goes in our self-image, of course, the idea of our self as the successful, self-reliant center of our small world. Next we need the material goods that go with our self-image.

When we have chosen all this, are we ready to welcome One who comes in peace and humility, putting an end to our weapons and wars? Perhaps we cannot respond until our backs groan under the heavy load we carry.

Reluctantly we take Jesus' pack upon us. He has filled it with unaccustomed goods—he gives humility; instead of more and more material wealth, he gives the riches of compassion; and instead of an array of weapons, he gives a single spirit of vulnerability.

We shrug our shoulders under the pack. Can this really be all we need in life?

"Take my burden," says Jesus. Take and see. This is all you need—all you ever really wanted.



Food for Thought

- ❖ What evidence is there that the truth of Christ has been hidden from "the wise and intelligent" of our day?



Food for Thought

- ❖ What do the readings indicate about the human need to bear some kind of yoke rather than be "yoke-free?"

Bridges for Tridgers

Recipe for Awareness

Begin with a moment of centering silence and quiet reflection, setting aside the concerns and agenda of the day.



1 We come to an awareness of God's presence in our family.

"Dear God, who is present with our family now, and at all times and in all ways..."

Continue with:

2 We express our gratitude for today's gifts from God.

"Today I give thanks for..." or,
"Today, I am grateful for..."

Pause again for another moment of centering silence and quiet reflection.

3 We come to an awareness of God's presence in our own experience.

Silently contemplate the question:
"When have I acted from love?"

Silently contemplate the question:
"When have I acted from fear?"

Based on your contemplation, create your intention to move forward as an expression of God's Love.

4 We plan and move forward with God.

"God, help me to manifest your presence today by..."

Invitations to Community

- In today's gospel, Jesus invites us to exchange our burdens for his compassionate yoke. To what burdens do we cling? How is Jesus calling us today to offer to him our fears? our guilt? our shame? Praise God for the gentle yoke of Jesus that delivers us from every burden.
- Jesus compares the innocent who welcome Christ with the learned who cannot see him. What preoccupations blind us to the presence of Jesus Christ in our homes? our work places? our communities? Pray that we may see and welcome the Holy One in all his humble disguises.

Suggestions for Families

This week, do family jobs in tandem. Work in pairs to make beds, cook dinner, go to the store, etc. At the end of the week discuss the experience. Then read aloud Matthew 11:29. Discuss ways we can work together with Jesus. How can we do this through prayer? through fellowship with family members and others?

Invite family members, individually and collectively, to think of themselves as "like Jesus." What would it be like for your entire family to be experienced by others as "like Jesus." Plan and carry out a service project, an act of compassion or spiritual welcome, or even a moment of forgiveness if necessary.

Prayer Starter

Compassionate Jesus,
take from me my burden...

