



## XIV Sunday of TO July 9, 2023 - Cycle A



### I INVITE YOU, COME



### SETTING

My mind and my heart with you, Lord. In this harmony I am preparing to start this moment of prayer, of meeting; letting me welcome you.

Here I put what I am, and I look inside myself to know myself, accept myself and love myself more and better; and I show myself as I am, myself.

Being transparent, objective, helps me grow from who I am. I wish to be authentic and bold, joining you and all those who, like me, dream of you, seek you. I am part of the quiet, simple, committed humanity that wants to change everything that harms and goes against what is human, what is fair, what is common.

Help me discover the keys that mobilize that change we need to look a little more like You every day.

## **SINGING. COME WITH ME - AIN KAREM**

<https://www.youtube.com/watch?v=cG7oh0JMzo8>

### **GOSPEL - Matthew 11, 25-30**

«At that time, Jesus taking the floor, said: «I bless you, Father, Lord of heaven and earth, because you have hidden these things from the wise and intelligent, and you have revealed them to little ones. Yes, Father, for such has been your good pleasure. Everything has been delivered to me by my Father, and no one knows the Son well except the Father, nor does anyone know the Father well except the Son, and those to whom the Son wants to reveal him. "Come to me, all you who are labored and overburdened, 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 your souls. For my yoke is easy and my burden is light."»

#### **We deepen the Gospel**

"Take my yoke upon you," says Jesus. In a figurative sense, "Take the yoke" thus suggests holding on to someone to walk at the same pace as him, tying oneself (consecrating oneself) to the same task. "Taking the yoke of the Torah" meant committing to follow the Law of God, in some way. Obviously it is understood that the force of "the bond" composed in this way, comes from God himself!

Visibly, this is what Jesus is talking about, and he also establishes a relationship between the yoke of the Torah and rest: "Take my yoke upon you, become my disciples", that is, practice my commandments "and you will find rest." ». But in these lines a small point of controversy can also be perceived: «Yes, my yoke is easy to bear and my load is light» It is a way of saying: My yoke is easy to bear, which is not the case for everyone. . In fact, Jesus does not shy away from saying it: "Come to me, all you who labor and are overburdened".

Jesus therefore proposes to leave the burdens too heavy: «Take my

yoke... and you will find rest. Yes, my yoke is easy to bear, and my burden is light." His yoke is simply the commandment of love, and it is Jesus himself who gives us the strength to do it.

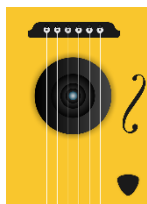
The novelty in this discourse is that Jesus identifies with God: He can only allow himself to say: «I will procure rest for you. Take my yoke upon you, become my disciples and you will find rest. Yes, my yoke is easy to bear and my burden is light."

Taking up the expression of Jesus, those who "suffered under the weight of the burden" were attracted by his attitude of respect and attention to each one, He who was "sweet and kind of heart". They are the ones who spontaneously understood that God was there. There is an application of the famous Beatitude: "Blessed are the poor in heart, the kingdom of heaven is for them."

### **clues for prayer**

- How is your knowledge of the Father? What does Jesus Christ teach you about Him?
- What does it mean for you to take his yoke and learn from the gentleness of Jesus?
- In your life, what does this text invite you to do every day?

### **AMBIENTAL MUSIC**



**where God calls you**

[https://www.youtube.com/watch?v=4CEdj\\_Onhjo](https://www.youtube.com/watch?v=4CEdj_Onhjo)

**Baby Girl, Pt. 3: Sweetpea**

<https://www.youtube.com/watch?v=8gCUujkOttg>

### **SO MY LIFE**

If it convinces you, come.  
following me supposes

be ready for everything  
Learn from me.

Get close to the people  
let me talk to you  
let me look at you  
touch you  
listen to life  
that is expressed,  
in the word  
and in the gesture.  
Take a step forward  
and put yourself in the place  
of the poor  
look ahead,  
let your look  
intersect with others.  
hold out your hands  
and touch the suffering  
from the people.  
stand by his side  
and walk with them.  
let them ask you  
and answer for  
that they understand you  
Step on signature and  
delicately, take care

walk open,  
whatever comes,  
to what comes out,  
what I call  
be brave and  
be of good cheer  
be patient and give  
time to time.  
life is drawn  
slowly and gently.  
Smile, sing.  
Let yourself go,  
May your life radiate light.  
that your life comforts  
to those who march  
tired and exhausted.  
Be a serene haven,  
in which others can  
refuel, rest and  
resume the march.  
walk open  
to learn everything.  
That's my life  
learn, walking

**SINGING. Cristóbal Fones and Chorus - Come to Me** (Misa Pampina)

<https://www.youtube.com/watch?v=NCmgmHqNWz0>



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