

14th Sunday in Ordinary Time (A)
(Zechariah 9:9-10 / Matthew 11:25-30)
05.07.2026

Dear brothers and sisters,

In Today's gospel, we heard Jesus say: "Come to me, all you who labour and are overburdened and I will give you rest..." I am sure that this invitation of Jesus resonates with many of us here today. As we seek to live our baptismal vocation as faithfully as we can, who among us has not, at least at certain times in our lives, experienced the feeling of being overburdened? Let us think of mothers who day after day, night after night, care for the needs of their loved ones: their husbands, children, grandchildren, and sometimes even their own parents...! Let us think of fathers who work tirelessly to put bread on the family table! Let us think of those who are single and give themselves generously to others without counting the cost! Let us think of priests and religious who dedicate their lives to serving their communities!

"All you labour and are overburdened, come to me and I will give you rest!" The Lord does not invite those who are overburdened to do more or to do less, but to come to Him, to renew a personal relationship with Him, a relationship that they may have neglected or allowed to grow weaker over time.

More precisely, the Lord invites us not to behave like "the learned and the clever" who believe they can save themselves by their own good works. Jesus was probably referring to the Jews who tried in vain to save themselves by obeying the 613 commandments of the Law of Moses together with the many prescriptions added by the Rabbinic Tradition: a burden that was impossible to bear!

On the contrary, the Lord invites us to behave like children, who know they cannot survive by themselves and need the help of their parents to feed them, clothe them and educate them. We become overburdened when we try to be self-sufficient, when we attempt to go through life without the help of others, and especially without the help of The Other par excellence, our Lord and Saviour, relying instead only on ourselves. Thomas Aquinas once defined God as "self-sufficient being" and warned us that only God is self-sufficient. Little children have no illusion of self-sufficiency. If we want to receive the rest the Lord offers us, we must renounce every form of self-sufficiency and rekindle our personal relationship with Him, asking for his help. We are saved by grace and not by the strength of our efforts, not even by our good works. We need the help of the Lord. We need his saving grace.

If we want to renew our personal relationship with the Lord, we have to allow ourselves to journey from our head, our mind, our brain where we plan our lives to our heart, that is to say the deepest centre of our being where the three persons of the Holy Trinity dwell and where, in their presence, we make our choices and our decisions. "Come to me" means come into your heart where I, the Lord, dwell. There, through my presence I will give you peace of mind and heart, I will give you rest, the rest you need, the rest for which you long.

If we wish to labour in the vineyard of the Lord without becoming burnt out, exhausted, discouraged or depressed, then on a regular basis we must set aside a little time for the Lord who dwells within our hearts. There, his presence will give us the rest which will free us from the feeling of being overburdened.

This intimate relationship between the Lord and us is what we call prayer. We value prayer, yet we often find it difficult to remain faithful to it in the midst of our busy lives when there always seems to be so much to do... We must learn to find a healthy balance between carrying out our daily responsibilities well and nurturing our prayerful relationship with the Lord.

Prayer and daily work are two different movements. Prayer precedes us. The Spirit of the Son never ceases to pray within us, crying "Abba Father, following the rhythm of our breathing. It is up to us to make the prayer of the Spirit of Jesus our own as it rises within our hearts. In prayer, God, who loved us first, always takes the initiative, God is in control! In prayer we have to be, in a sense, actively passive. But when we fulfil our baptismal vocation, we respond actively to God's love by loving him in return as well as our brothers and sisters in humanity whom He created out of love and in his own image and resemblance. Here, it is our responsibility to respond as generously as we can

Let us come back to the Lord humbly and courageously in prayer. He will give us rest. He will renew our hope.