

## Here's a text if you've only a minute ...

Rejoice heart and soul, daughter of Zion!  
Shout with gladness, daughter of Jerusalem!

*First Reading*

I will bless your name forever, O God my King.

*Psalms*

Yes, my yoke is easy and my burden light.

*Gospel*

Father, in the rising of your Son,  
death gives birth to new life.

The sufferings he endured restored hope to a fallen world.  
Let sin never ensnare us with empty promises of passing joy.  
Make us one with you always,  
so that our joy may be holy,  
and our love may give life.

*Old Opening Prayer*

This week's texts if you want to explore further:  
Zechariah 9: 9–10; Ps. 143 (144); Rom. 8: 9, 11–13; Matthew 11: 25–30



'Come to me...  
and I will give  
you rest.'

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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Fourteenth Sunday of Ordinary Time  
Year A, 9th July 2023

'Come to me, and I will give you rest'

Praise to God and joy in God's merciful love, justice and peace are themes which run through the readings for this Sunday.

The **First Reading** from Zechariah describes how God will defeat his enemies and establish himself as king – not through war and aggression, but with humility and peace.

The **Psalms** is a great hymn of praise, central to the Jewish faith. It speaks of God's kindness and compassion to all, and offers us the reassurance that the Lord will always be faithful and loving, ready to support and raise us up when we fall.

In the **Second Reading**, Paul reminds the Romans, and ourselves, of what the suffering and death of Jesus has achieved for us. He speaks of the power of the Holy Spirit in our lives.

In today's **Gospel**, through his own prayer to his Father in heaven, Jesus reminds us that he is the one who will reveal God to us. Humility and gentleness are the virtues he emphasises; rest and freedom from burdens are the gifts he promises.

This week we pray anew for the people whose lives are burdened by war and violence, especially in Ukraine, Sudan and other troubled areas of the world. With the help of our prayers, may they know the love and peace of Christ.



### Opening Prayer

O God, who in the abasement of your Son  
have raised up a fallen world,  
fill your faithful with holy joy,  
for on those you have rescued from slavery to sin  
you bestow eternal gladness.

## Psalm 144 (145)

**R./ I will bless your name for ever, O God my King.**

**I** will give you glory, O God my King,  
I will bless your name for ever.  
I will bless you day after day  
and praise your name for ever.

The Lord is kind and full of compassion,  
slow to anger, abounding in love.  
How good is the Lord to all,  
compassionate to all his creatures.

All your creatures shall thank you, O Lord,  
and your friends shall repeat their blessing.  
They shall speak of the glory of your reign,  
and declare your might, O God.

The Lord is faithful in all his words  
and loving in all his deeds.  
The Lord supports all who fall  
and raises all who are bowed down.

I prepare myself for prayer in whatever way works best for me.  
As I settle, I acknowledge my need for God's presence in my life.  
I invite the Holy Spirit to help me in my prayer.

When ready, I read slowly through the Psalm. It may help to speak this familiar text out loud, noticing words or phrases where I feel drawn to dwell. I pause for as long as I need, allowing the words to sink in, listening intently to what the Lord wants me to hear.

I may like to ponder for a short time ...

How do I give glory to God? In what ways do I bless and praise the Lord's name through the way I live my life?

What might others see in me that reflects God's presence?

In time, I bring my prayer to a close. I perhaps use the response to the Psalm as a mantra, repeating a number of times:

*'I will bless your name for ever, O God my King.'*

## Gospel Matthew 11: 25–30

**J**esus exclaimed, 'I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal him.

'Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light.'

I settle where I have chosen to pray today, and take time to notice how I am feeling. Perhaps I can readily identify with being overburdened, and crave the rest Jesus offers? Taking all the time I need, I come to stillness, aware of God's loving welcome.

As I read the text slowly and purposefully, I might want to imagine myself watching Jesus as he prays. What do I notice about him?

How do I envisage the 'Lord of heaven and of earth' he talks to?

In what ways do I recognise myself as one of those 'mere children' to whom the mysteries have been revealed?

It may help to visualise the things that weigh me down and bring them with me as Jesus turns to invite me to come to him. Jesus makes a place for me to sit down beside him. I lay my burdens on the ground, and we look at them together. I listen.

What does Jesus want to say to me about the things I carry with me? Is there something I want to ask of him now?

Perhaps I feel overburdened by what is being asked of me?

I speak freely and honestly with Jesus – just as I would with my closest friend.

In time, I prepare to leave the place where I am sitting with Jesus.

Perhaps there are some burdens he invites me to leave behind, or maybe they just feel lighter knowing that Jesus is with me always.

I close with a prayer of gratitude and thanks for the Lord's presence here with me today.