

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

Rejoice greatly, O daughter of Zion!
Shout aloud, O daughter of Jerusalem!

First Reading

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

Psalms

For 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. 144 (145); 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



PREGO LEAFLET

Fourteenth Sunday in Ordinary Time
Year A, 5th July 2026

'Come to me, all who labour and are
heavy laden, 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 particularly for all those who feel overwhelmed by the pressures of daily life – whether through ill-health, conflict, poverty, loneliness or isolation. With the help of our prayers and action, may they come to 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, my God and King.

I will extol you, my God and King,
and bless your name for ever and ever.
I will bless you day after day
and praise your name for ever and ever.

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

All your works shall thank you, O Lord,
and your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds.

The Lord is faithful in all his words
and holy in all his deeds.
The Lord supports all who fall
and raises up 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 forever, my God and King.'

Gospel Matthew 11: 25–30

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.'

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 'heavy laden', and relish this time for quiet prayer? Taking all the time I need, I come to stillness, aware of God's loving welcome.

As I read slowly through the text a number of times, I notice my response to Jesus's prayer. Perhaps I'm puzzled, or struggling to understand? In what ways do I feel like one of the 'little children' Jesus speaks of? What might Jesus be revealing to me about his Father here? I ponder.

If I am feeling overburdened, perhaps it might help to visualise the things that weigh me down, and bring them with me as Jesus turns to invite me to come to him. He 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 say to me about all that I am carrying? What do I most need to learn from him at this moment? I speak freely and honestly with him – as one friend to another.

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 always there to share the load.

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