

Spiritual Exercise for the 14th Sunday in Ordinary Time

A reading from the holy Gospel according to Matthew (11:25-30)

At that time Jesus exclaimed:

“I give praise to you, Father, Lord of heaven and earth,
for although you have hidden these things
from the wise and the learned
you have revealed them to little ones.

Yes, Father, such has been your gracious will.
All things have been handed over to me by my Father.
No one knows the Son except the Father,
and no one knows the Father except the Son
and anyone to whom the Son wishes to reveal him.”

“Come to me, all you who labor and are burdened,
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 yourselves.

For my yoke is easy, and my burden light.”

Try to imagine the “little ones” who Jesus is referring to in this passage. Do you know anyone like this? Describe them.

True spiritual meekness is not merely a result of human effort, but rather a work of the Holy Spirit. Do you wait for the Lord to reveal you where you need to grow? Is your discernment based on attentive listening to the Word of God and the teachings of Holy Mother Church?

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The Gospel of the Lord.

1) Can you relate to the example of “gentle strength” in the video? If not, is there something that you can connect with this idea of gentle strength from your experience? Either way, try to connect with a tangible representation of gentle strength. Ponder it and try to investigate the experiences and sensations that this phrase inspires.

2) Having reflected upon gentle strength, do an examination of conscience around your work, your friendships, and your family life. Is there areas where you need to invest more energy? More passion, more creativity? Are there areas where you are forcing decisions and pushing against the Holy Spirit... areas where you need to relax a little and let God work on things? Talk with Jesus about this.

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____

Jesus _____

Me _____