

Sunday Message

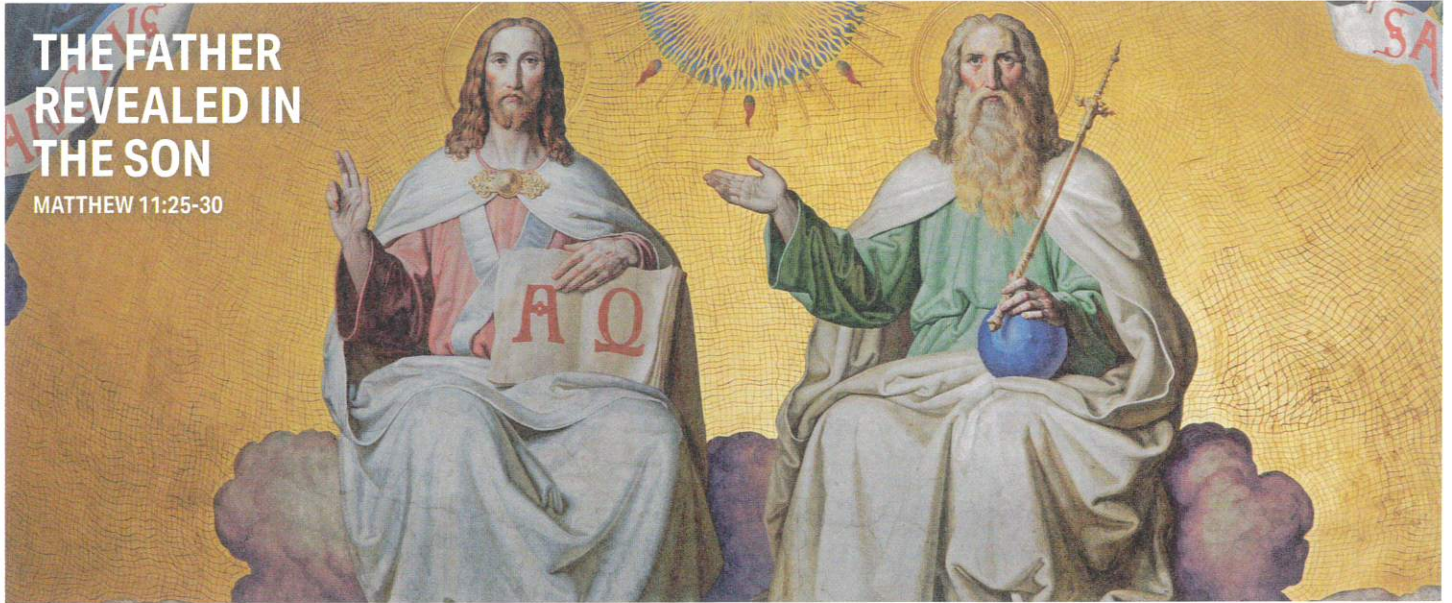
FOURTEENTH SUNDAY IN ORDINARY TIME

THE WORD

Year A • 5 July 2026 • Psalter Week 2

THE FATHER REVEALED IN THE SON

MATTHEW 11:25-30



In this passage, Jesus offers a glimpse into his intimate relationship with the Father and the nature of discipleship. He begins with a prayer of praise: "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and revealed them to little ones." The contrast between the "wise and learned" and the "little ones" emphasises that God's revelation is not bound by human status or intellect, but comes through humility and openness.

Jesus then extends an invitation: "Come to me, all you who labour and are burdened, and I will give you rest." Here, he presents himself as the source of consolation and support. The call is personal and relational – not abstract theology, but a real encounter with a compassionate Lord who carries the weight of human struggle.

Finally, Jesus encourages his followers to take on his "yoke" and learn from him, for he is "gentle and humble in heart". The yoke, a common agricultural image, represents guidance and partnership: to follow Jesus is to share in his mission, but in a way that lightens the burden rather than imposes harsh demands.

This passage underscores the accessibility of God's kingdom: it is revealed to those who approach with trust and humility and offers rest and guidance for all who seek it. ■

REFLECT

Jesus invites us to experience God's love in a deeply personal way. He thanks the Father for revealing divine truth not to those who rely solely on human wisdom, but to the humble and trusting. It reminds us that faith is not about showing how much we know, but about approaching God with openness, simplicity, and a willingness to be led.

Jesus extends an invitation to all who are "weary and burdened": come to me, and I will give you rest. The burdens we carry – worry, guilt, fear, or exhaustion – do not go unnoticed. Jesus offers relief not through avoidance, but through companionship. He invites us to take on his "yoke" and learn from him, a yoke that is gentle and light compared with the weight of trying to live alone or in our own strength.

Discipleship, then, is both trusting and practical. It is about allowing Christ to guide our steps, lighten our burdens, and teach us how to live in love and humility. In taking his yoke upon us, we find rest for our souls and a model for how to navigate life's challenges with gentleness and faith. ■

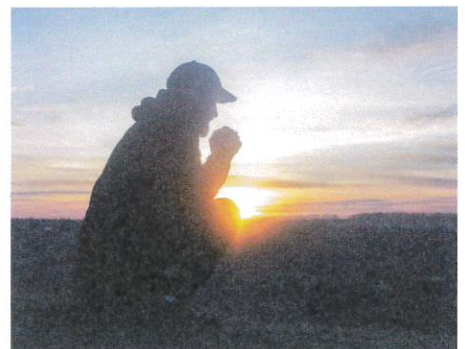
SAY

"O Jesus, gentle and humble of heart, make my heart like Yours!"

St Thérèse of Lisieux

DO

This week, take a few moments each day to hand your worries and burdens over to Jesus in prayer, trusting him to guide and lighten your load.



LEARN

Christ invites all who are burdened to find rest in him, and that discipleship is rooted in humility, trust, and reliance on God rather than human strength.

ENTRANCE ANTIPHON

*Your merciful love, O God,
we have received in the midst of your temple.
Your praise, O God, like your name,
reaches the ends of the earth;
your right hand is filled with saving justice.*

COLLECT

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.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

Amen.

FIRST READING Zechariah 9:9-10

A reading from the Prophet Zechariah.

Thus says the Lord:

Rejoice greatly, O daughter of Sion!
Shout aloud, O daughter of Jerusalem!
Behold, your king is coming to you;
righteous and having salvation is he,
humble and mounted on a donkey,
on a colt, the foal of a donkey.
I will cut off the chariot from Ephraim
and the war horse from Jerusalem;
and the battle bow shall be cut off,
and he shall speak peace to the nations;
his rule shall be from sea to sea,
and from the River to the ends of the earth.

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 145(144):1-2. 8-9. 10-11. 13c-14. R. cf. 1

R: I will bless your name for ever, my God and king.

Or *Alleluia.*

1. 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. **R.**
2. 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. **R.**
3. All your works shall thank you, O LORD,
and all your faithful ones bless you.
They shall speak of the glory of your reign,
and declare your mighty deeds. **R.**
4. 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. **R.**

SECOND READING Romans 8:9, 11-13

A reading from the Letter of Saint Paul to the Romans.

Brothers and sisters: You are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him.

If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh. For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The word of the Lord.

Thanks be to God.

ACCLAMATION BEFORE THE GOSPEL cf. Matthew 11:25

R: Alleluia, alleluia.

I thank you, Father, Lord of heaven and earth,
you have revealed the secrets of the kingdom to little children.

R: Alleluia.

GOSPEL Matthew 11:25-30

A reading from the holy Gospel according to Matthew.

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.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PRAYER OVER THE OFFERINGS

May this oblation dedicated to your name
purify us, O Lord,
and day by day bring our conduct
closer to the life of heaven.
Through Christ our Lord.

Amen.

COMMUNION ANTIPHON

*Taste and see that the Lord is good;
blessed the man who seeks refuge in him.*

Or

*Come to me, all who labour and are burdened,
and I will refresh you, says the Lord.*

PRAYER AFTER COMMUNION

Grant, we pray, O Lord,
that, having been replenished by such great gifts,
we may gain the prize of salvation
and never cease to praise you.
Through Christ our Lord.

Amen.