

14th Sunday in Ordinary Time

A lectionary-based session adapted from 'Breaking Open the Word of God: Resources for Using the Lectionary for Catechesis in the RCIA – Year A', edited by K.M Hinman & J.P Sinwell, Paulist Press, 1986)

Readings:

Zechariah 9:9-10

Romans 8:9,11-13

Matthew 11:25-30

Opening Prayer

Still yourself in a few moments of silence, then pray the following prayer:

Father, Lord of heaven and earth, I thank you because you have shown to the unlearned what you have hidden from the wise and learned. We pray that you will reveal yourself to us as we seek to know you in your word.

Help us to respond to us as we seek to know you in your word. We believe that your burden is easy and light.

Grant that we may respond to your call to come, in Christ Jesus.

Amen.

Listen to 'Praise the Lord, My Soul' John Foley SJ

<https://www.youtube.com/watch?v=MmhUPuiTpPg>



*Illustration Cerezo Barredo,
servicioskoinonia.org/cerezo*

REFLECTING ON THE GOSPEL

Read today's Gospel; Matthew 11:25-30

Take time to consider the following questions then journal/share your responses

- What kind of burdens are you carrying just now?
- How do you think you have put on the 'yoke' of Christ?
- Reflect on the words of Our Lord, 'Come to me.' What does it mean to come to the Lord in faith?

Looking at a Gospel theme

1. What is faith?

- a. Faith is a response to Christ's call.

Reflect on how we may experience the call to faith. Share or journal your own experience.

- b. Faith is a belief in God and his teachings.
- c. Faith is a commitment to live by God's teachings.
- d. Faith is Gift and is not earned but is freely given to us.

2. Signs of genuine faith

Read and reflect briefly on these scripture passages

- a. Galatians 5:6
- b. James 2:14-18

3. How faith comes to an adult

- a. Growing in faith is a mysterious and uniquely individual process. Remember the conversion of Paul (Act 9:1-19), and Zacchaeus (Luke 19:1-10)
- b. We cannot earn faith by ourselves. It is Gift.
- c. We can continuously strengthen our faith – ongoing conversion – through, for instance, prayer, Scripture study, sessions like this etc.
- d. Reflect on how your own faith has developed – your ongoing conversion.

Some questions to consider.

Share or journal your responses

1. What kind of burdens do I need help shouldering? How will I share these burdens with Christ?
2. How am I called to take on the 'yoke' of Christ today – in my family, my community, my work environment?
3. How will accepting this invitation from Christ make my load lighter?
4. Faith is a commitment to live by God's teachings. Paul says that true faith results in works of love. In what ways does my life reflect this faith? In what ways does it not? How can I change this?

CLOSING PRAYER

Listen to 'I heard the Voice of Jesus Say' <https://www.youtube.com/watch?v=74kyfROS4q8>
praying the words:

I heard the voice of Jesus say,
Come unto me and rest;
Lay down, thou weary one,
Lay down thy head upon my breast.
I came to Jesus as I was,
So weary, and worn, and sad;
I found in him a resting-place,
And he has made me glad.

I heard the voice of Jesus say,
Behold, I freely give
The living water; thirsty one,
Stoop down and drink, and live.
I came to Jesus, and I drank
Of that life-giving stream;
My thirst was quenched, my soul revived,
And now I live in him.

I heard the voice of Jesus say,
I am this dark world's light;
Look unto me, thy morn shall rise,
And all thy day be bright.
I looked to Jesus, and I found
In him my Star, my Sun;
And in that light of life I'll walk
Till travelling days are done.

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