



Daily Reflections

July 20, 2017

Scripture

Matthew 11: 28-30

Jesus said:

"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."

Our Scripture Reflection

The "Yoke" was a word used as a metaphor for The Law. The Pharisees taught that a faithful person was "yoked" to The Law. Jesus gave His people a different way. He told them to yoke themselves to Him and His way. And if they did, they would experience a burden that was light.

Food for your Journey

When Jesus said, "Come to me, all you who labor and are heavy burdened," he assumed we would grow weary, discouraged and disheartened along the way. These words are a touching testimony to the genuine humanness of Jesus. He had no romantic notion of the cost of discipleship. He knew that following him was as unsentimental as duty, as demanding as love.

--Brennan Manning, *The Ragamuffin Gospel: Good News for the Bedraggled, Beat -Up, and Burnt Out* (Doubleday, 2015), 101.

A Prayer from the Heart

Dear Jesus, Help me to surrender my life completely to You and Your way. May I experience the joy and peace that nothing else can give. Amen