



Daily Reflections

July 19, 2018

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

"Yoke" was a metaphor used by the Jews to describe the Law. One who followed the Law of God was said to be "Yoked to the Law", another way of describing a person who was obedient to God. Jesus took the religious leaders to task because they had made God's Law a heavy burden for people to obey. How?

1. They extracted 613 "Laws" from the first five books of the Old Testament known as the Torah.
2. They added many smaller regulations on each of the 613 making a very large and complex body of Laws.

3. The interpretation of many of the Laws was left up to individual scribes. How one was to obey a particular Law depended on the interpretation of conflicting or competing scribal opinion.

Bottom line, this method of religious observance left many people confused and some felt left out of the possibility of eternal salvation, that is, until Jesus came along. He offered those who felt lost and heavily burdened by the practice of religion a Yoke that was easy and light. And unlike the hypocritical scribes, He lived what He taught.

Food for your Journey

To every man there openeth

A Way, and Ways and a Way,

And the High Soul climbs the High Way,

And the Low Soul gropes the Low,

And in between, on the misty flats,

To rest drift to and fro.

But to every man there openeth

A High Way, and a Low.

And every man decideth

The way his soul shall go.

--19th-century English poet, William Dunkerley, writing under the pseudonym John Oxenham.

A Prayer from the Heart

God, bless to me this day,

God, bless to me this night;

Bless, O bless, Thou God of grace,

Each day and hour of my life;

Bless, O bless, Thou God of grace,

Each day and hour of my life.

God, bless the pathway on which I go;

God, bless the earth that is beneath my sole;

Bless, O God, and give to me Thy love,

O God of gods, bless my rest and my repose;

Bless, O God, and give to me Thy love,

And bless, O God of gods, my repose.

--Saint Brendan the Voyager, Irish monk