



# Daily Reflections

**June 19, 2020**

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## Scripture

### **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."

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## Our Scripture Reflection

The religious leaders taught that to have a chance to make it to Paradise, one must know and keep all 613 of the written laws PLUS the oral interpretative laws built on each one of the 613! So it's no wonder that as Jesus travels about, He encounters good-hearted common people, many of whom can neither read nor write, but all of them want a chance to make it to glory when

their disadvantaged lives come to an end. The authorities will not lift a finger to help them. Can you imagine the look of relief on their faces when Jesus utters with love the soothing words, “Come to me...and I will refresh you...” The “yoke”, the word used by the leaders for the law, offered by Jesus would be easy and light. How so? Jesus would teach that ALL of the laws could be summed up into two: Love God, love neighbor as self.

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## **Food for your Journey**

Prayer is vastly superior to worry. With worry, we are helpless; with prayer, we are interceding. When I hear sad news, I try to say a prayer for the victims. When I am troubled, I will say a prayer that asks for relief for myself and for all those who suffer as I do. “I pray for all other people who feel anxious and edgy at this moment.” When I am concerned about my relatives or friends I say a short prayer to myself — “May they be happy and free of suffering.”

—Mary Pipher

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## **A Prayer from the Heart**

Gracious Lord, You were merciful and compassionate to the heavily burdened and broken hearted. You showed them the depth of the Father’s love. Help me to always remember that it is “Mercy You desire and not sacrifice.” May I learn to love as You loved. Amen