



# Daily Reflections

## July 5, 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

Jesus was sent into this world to give us the opportunity for a whole new way of knowing His Heavenly Father. Only He had the ability to make us sons and daughters in a most unique way. Jesus gave us the ability to call God Almighty “ABBA”, that is, Daddy! Can you believe that? And then, as we see in today’s Gospel passage, He shows us a new way based on His “yoke”

(His way) that is easy and light. We need to understand that Jesus WANTS us to be with Him in this life, but most important, in the life that never ends. Why would we not want to embrace Jesus and His way?

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## **Food for your Journey**

At its heart, the biblical heritage involves a proclamation: It announces what God has done to help weary and overburdened human beings. "The Sovereign Lord has given me an instructed tongue," Isaiah's Servant of the Lord proclaims, "to know the word that sustains the weary. He wakens me morning by morning, wakens my ear to listen like one being taught." "Come to me, all you who are weary and burdened," Jesus urges, "and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

Yet this proclamation resonates only for those who feel weary and overburdened. Promises of help and mercy are heeded only by those who know they are helpless or guilty or weary or sick. For anyone else, they fall on deaf ears. The biblical message has virtually no chance of really being heard, then, if its apologists cannot convince its intended hearers that they are indeed part of the audience to whom this Good News is being proclaimed.

-Mark R. Talbot, "What we are and what we ought to be," First Things, March 1998, 48.

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## **A Prayer from the Heart**

Precious Lord, Help me to remove every selfish and self-centered way of thinking and living that keeps me from surrendering to You completely. May my heart's first desire always be to love You. Amen