



Daily Reflections

July 14, 2016

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 scribes and Pharisees had extracted 613 commandments from the first five books of the Old Testament and added hundreds of interpretations of those commandments as well. In order to get to Heaven, they taught that one must follow all of the laws. They went so far as to accuse Jesus of abolishing the law with His "new" teaching. Jesus will refute their accusation in Matthew 5:17 saying, "I have not come to abolish the law but to fulfill it."

Jesus' way was to apply the truth of the law to every dimension of daily living by loving God and neighbor as self.

Food for your Journey

One morning R.C. Chapman, a devout Christian, was asked how he was feeling. "I'm burdened this morning!" was his reply. But his happy countenance contradicted his words. So the questioner exclaimed in surprise, "Are you really burdened, Mr. Chapman?"

"Yes, but it's a wonderful burden. It's an overabundance of blessings for which I cannot find enough time or words to express my gratitude!" Seeing the puzzled look on the face of his friend, Chapman added with a smile, "I am referring to Psalm 68:19, which fully describes my condition. In that verse the Father in heaven reminds us that he 'daily loads us with benefits.'"

Prayer from the Heart

Dear Jesus, By reading and praying Your Gospels, I learn the beauty of Your way. Help me, Lord, to put into practice each day what I read. Amen.

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