06/16/23

SOLEMNITY OF THE MOST SACRED HEART OF JESUS

Mass readings

Reading 1:
Deuteronomy 7:6-11

Responsorial Psalm:
Psalm 103:1-2, 3-4, 6-7, 8, 10

Reading 2:
1 John 4:7-16

Gospel:
Matthew 11:25-30

Gospel in focus

Jesus praises the Father and describes that he gives rest to the burdened.

"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 the childlike."

Matthew 11:25

In what ways are we called to be childlike?

What are things that feel like heavy burdens this week? Hand them over to Jesus, praying "Jesus, I trust in you."

What is restful for you? How can we prioritize intentional rest this week?