

My Burden is Light
July 6, 2020
14h Sunday in Ordinary Time

ARCHDIOCESE OF SEATTLE

At Home with Faith

Jesus calls us to learn, go to Mass, do the right thing and pray so we can love God and other people. At first this seems hard, but it's so much easier than living for ourselves.



Parents know that the Christian way of life, offering ourselves to others in love, is difficult. You are constantly making sacrifices, whether it's feeding a hungry baby at 2:00 am, trying to help your 8th grader learn algebra remotely, or haggling with your teenager for 45 minutes about whether going to a friend's house qualifies as social distancing. None of it comes easy.

Maybe that's why Jesus refers to the Christian life as a yoke. It requires us to do things that don't seem natural at first. Following Jesus - learning, going to Mass, doing the right thing, praying - all these things seem hard at first. Then, after we have lived God's way, we see that it is so much easier and life giving.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

Zechariah 9:9-10

Your king will come to you, just and meek

Psalms 145

I will praise your name forever

Romans 8:9, 11-13

Christ will give you life through the spirit that dwells within you

Matthew 11:25-30

Come to me, you who labor and I will give you rest

At Home with Faith

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

- Show your children the picture of a yoke below. Ask them how they would feel if someone asked them to wear something like that. Ask them why Jesus might have used that image to describe his way of life. Then, show them a picture of training wheels for a bicycle. See if they see something similar.
- Tell your child a story about when you had to learn how to do something the right way, but found it hard at first. Maybe it was learning the proper form for dribbling a basketball. Maybe it was learning how to hold an instrument. Maybe it was learning how to talk through problems with family. Talk about how you learned that the right way looks harder at first but proves to be much easier in the long run. Tell them about how this has worked out for you in faith: reading the Bible, going to Mass, doing the right thing, praying. All those things required discipline at first but eventually made life easier. Tell them that, like taking training wheels off a bike, what was hard becomes natural when we learn to live by faith.
- Encourage your child to think about times when they had a similar experience as above. Ask them how much better it felt after they learned how to do things the right way.



“Come to me, all you who labor and are heavy 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 is light.” (Matthew 11:28-30) It seems contradictory when Jesus uses a yoke, something that harnesses oxen to a plow or cart, as a way to describe how he will give his disciples rest.

The truth is that all the things that Jesus asks us to do in the Christian way of life can seem hard, until we try living by them. It’s our job to get our children to try.

God made us for love: offering our lives in sacrifice for God and others. As difficult as a life of love may seem, in the long run, it turns out to be much more natural than living for ourselves. Take this opportunity to share with your children your own story of doing things that require discipline at first, but ultimately prove much less burdensome and much more joyful.

For more resources, including previous issues of At Home with Faith, visit us online at:

<https://marriagefamilylife.seattlarchdiocese.org/athomewithfaith>