



*“Come to me, all you who labor and are burdened,  
and I will give you rest.”*



Today, we celebrate **The Fourteenth Sunday in Ordinary Time**. We read from **Matthew 11:25-30**.

We read in this Sunday's gospel that Jesus prayed to God, his Father, giving him praise and thanks. Jesus taught his disciples and followers that the way to God was through him. Unlike what the people had been taught in the past, Jesus taught them that they did not need to be well educated, rich or incredibly knowledgeable to be saved. He came to save the simple, the poor, the children, and all who want to know the Father's love through him.

In this scripture, Jesus says, **"Come to me, all you who labor and are burdened, and I will give you rest."** If we are feeling upset or worried or overwhelmed by life, we can simply go to Jesus in quiet prayer and

express ourselves to him. In him, we will find peace.

### **For More Fun:**

- ✓ This week, try to do something helpful or kind for a loved one without letting them know you did it – a kind surprise to make their life more simple or happy.
- ✓ This week, talk at dinner about what you think it would have been like to follow Jesus when he was on the earth.
- ✓ This week, we celebrate St. Benedict, Abbot (7/11). Learn more about the lives of the saints at [Saints.SQPN.com](http://Saints.SQPN.com).
- ✓ We love to hear from you! Email me at [lisa@catholicmom.com](mailto:lisa@catholicmom.com) to let me know where you live and where you go to Church!

**I will praise your name for ever, my king and my God.**