

Scripture Reading

A Reading from the Gospel according to Matthew (*Matthew 11:28-29*)

Come to Me, all you who are weary and burdened, 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. The Gospel of the Lord. R. Praise to You, Lord Jesus Christ.

Reflection – Fulfilling God’s loving divine will is a rest for our weary souls

God’s divine will is the only reliable roadmap to navigate this world full of danger and temptation for our precious souls.

Every parent has a good plan for his/her child. *For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future (Jeremiah 29:11).* The love, mercy, providence and power of God are distilled all in one in God’s holy and divine will. God’s will stipulates the practice of holy love in the present moment. Holy love is the summation of all Christ’s teachings and God’s commandments. In the order of love, God comes first as He is our Highest Good. The purpose of God’s commandments, His precepts, His laws is not to make our lives difficult but to give life to our souls. *I will never forget Your precepts, for by them You have preserved my life (Psalm 119:93).*

Our souls are wounded, wearied and burdened by the weight of our sins, pride and disorderly self-love. Our souls are

our most precious possession on earth given to us by God upon our conception in our mother’s womb. After Baptism, the pure state of our soul in its sanctifying grace is breathtakingly beautiful; it is like a tiny piece of God! Our soul is made by God for His own glory: to find its desire, its love, its joy, its life, its purpose in nothing but in its Maker Himself. Absolutely nothing satisfies our soul but God alone. *My soul yearns, even faints, for the courts of the LORD; my heart and my flesh cry out for the living God (Psalm 84:2).* Sins result in the loss of graces from the soul, making it wounded, weary and burdened. Only God can unburden the weight on our souls through His forgiveness of sins. Thus Jesus says: *Come to Me, all you who are weary and burdened, and I will give you rest (Matthew 11:28).* Jesus gives true rest and peace.

Christ’s yoke for us is His holy divine will, His commandments, His laws and precepts. In putting on His yoke, we will gain

rest for our souls as opposed to the yoke of our self-will which leads to slavery and bondage of sin. Christ’s yoke will lead us to walk on the true path in accordance to His holy and divine will, leading us to true freedom. Every grace will be given to us to help us obey with fidelity and love all that God commands. Every grace will be given to us to overcome all trials and temptations that present themselves on the true path to God’s glorious Kingdom. Only on this true path led by Christ’s yoke can we withstand the relentless onslaught of temptation from this sinful world. No one on this earth will be free from suffering; everyone is sinful; everyone is also called to offer some suffering or sacrifices for others in order that everyone can be saved as God ardently desires. Fulfilling God’s divine will in every step of our everyday life is the surest, most secure shortcut to attain peace in this transient earthly life and our heavenly inheritance in our next life which never ends.

We need gentleness and humility of heart in order to follow God’s holy and divine will. One of the virtues which Jesus

ardently desires of us to learn from Him is His humility: *“learn from Me, for I am gentle and humble in heart” (Matthew 11:29).* Throughout His whole life on earth, Jesus teaches us how to be humble. In dying on the Cross for everyone, Jesus made Himself the Servant of all and is obedient to the Father unto death. Pride is the root of all sin. It was pride that caused Lucifer to aspire to take God’s place and to fall from grace. It was pride that led to the fall of our first parents, Adam and Eve. It is only with humility can we renounce ourselves, pick up our individual crosses daily and walk in the footsteps of Jesus. It takes a whole lifetime to learn and practise humility, a great virtue that we cannot do without if we want to grow in holiness as everyone of us is called.

Conversation with Jesus: Precious Lord, I come before You as Your child, entrusting my entire soul to Your mercy. In

complete confidence and true repentance, I surrender to You all the burdens of my soul: all my weaknesses, my sins and any darkness in every part of my being. Forgive me all my wrong doings. Purify me. Fill me with Your love and Your light so that I can have peace in my heart, peace in my mind, peace in my soul. Humble my spirit so that I may always have the strength to embrace Your holy will with the wisdom to understand that only in Your will can I find true fulfillment, security and rest for my soul. By Your all-surpassing grace, sustain me in every trial so that I may always remain in union with You. Mary, Mother of Salvation, pray for me. Thank You, Jesus. Praise You, Jesus.