

**The 14th Sunday in Ordinary Time - Year A – July 5th, 2026 – Msgr. Peter Quang Nguyen**

**First Reading – Zechariah 9:9-10:** The prophet says a king will come to Jerusalem. He will be good and bring victory. But he will also be humble, riding on a donkey. He will bring peace to all nations. His rule will reach everywhere.

**Responsorial Psalm – Psalm 145:** We praise God for his kindness and mercy. He helps those who fall. He is faithful in all he does. His followers thank him and tell of his greatness.

**Second Reading – Romans 8:9, 11-13:** If God’s Spirit lives in you, you belong to Christ. God will give you life through his Spirit. Do not follow sinful ways. Live by the Spirit, and you will have life.

**Gospel – Matthew 11:25-30:** Jesus thanks God for showing his truth to humble people, not just the wise. He invites those who are tired and struggling to come to him. He will give them rest. His way is gentle and not too hard to carry.

My Sisters and Brothers in Christ,

After a week of toiling at work and facing the hardships and fatigue inherent in family and social relationships, we Christians come to the Lord on Sunday to draw strength from Him. In today’s Gospel, Jesus invites us to come to Him to be supported and refreshed.

1. The mystery of God revealed to the little ones.

“Revelation” means making known what was hidden, bringing into the light what was in darkness, or enabling someone to understand what was previously unknown or obscure to them.

Jesus contrasts the wise and learned with the little ones to teach everyone the need for a childlike attitude—trusting, humble, and eager to learn—so that He may impart knowledge of God to them. For an attitude of pride and skepticism hinders people from recognizing what God wishes to reveal.

To understand the Mystery of the Kingdom of Heaven, one needs a humble attitude: relying entirely on God rather than depending on one’s own strength.

Faith operates on a higher plane than reason; it is not dependent on reason, though reason can shed light on faith. Instead of reducing an all-wise and all-powerful God to the confines of limited human reason, we must earnestly pray for the grace to grasp, at least in part, God’s infinite wisdom. We must avoid the arrogance of dismissing God’s existence in the name of science simply because we know a little, or dismissing something as irrational just because we do not understand it, failing to recognize our own limitations.

2. Coming to the Lord to be supported and refreshed. There are two kinds of burdens: the burden of the law and the burden of life.

The burden of the law refers to the situation in Jesus' time, when Judaism imposed a code of over six hundred meticulous rules that the Pharisees heaped upon the people. God's law, which ought to have brought joy and happiness, instead became a heavy burden weighing down their shoulders. For this reason, Jesus invites His followers to transcend a legalistic mindset and place their faith in the new law of love. In doing so, they may

discover the true "Sabbath"—a rest for the soul and the profound peace of the redeemed—and begin a new life in the Spirit.

Life's burdens are many: the burdens inherent in the human condition, family responsibilities, professional demands, and the weight of aging; the sorrow of the past, the frailty of the present, and anxiety about the future; the weight of pessimism, despair, and worry; the weariness born of hardship and discouragement; and the burdens of material greed, carnal passions, and the vices that hold us back. The Lord invites us to return to the Sacrament of Reconciliation, to moments of quiet adoration before the Eucharist, and to the spiritual nourishment of His Body and Blood in the Mass, so that He may sustain and strengthen us.

### 3. Take my yoke upon you and learn from me...

As previously mentioned, the yokes of the law and of life have weighed heavily upon us; now, we are invited to take up the Lord's own yoke. He does not carry it *for* us, but rather carries it *with* us, sustaining and strengthening us along the way.

The image of the yoke—placed upon the neck of an ox, buffalo, donkey, or horse to pull a cart or a plow—speaks of a life of servitude and toil. Yet, it is also the means by which things are moved forward or the soil is tilled to yield an abundant harvest. Jesus humbled Himself, taking the form of a servant (cf. Phil 2:6-11). He embraced the human condition to share the yoke of societal law with us and to bear the weight of our earthly struggles and hardships... ..our own. And the Lord draws us forward toward the Kingdom of Heaven, enabling us to bear fruit in the Holy Spirit.

To learn humility and gentleness from the Lord means willingly accepting life's burdens—yet uniting them with Jesus to find refreshment and rise above them with Him—rather than seeking to evade them, only to fall into despair and ruin.

*Lord Jesus, teach us to humbly acknowledge our own limitations and weaknesses, and to frequently approach the Eucharist each day, so that our souls may be nourished with divine strength to overcome every difficulty on our earthly pilgrimage. Amen.*