

ENTRANCE ANTIPHON (or a hymn) Your merciful love, O God, we have received in the midst of your temple. Your praise, O God, like your name, reaches the ends of the earth; your right hand is filled with saving justice.

RESPONSORIAL PSALM (Ps 144)

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

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

Or Allelulia!

LECTOR: I will give you glory, O God my King, I will bless your name for ever. I will bless you day after day and praise your name for ever. **R.**

LECTOR: The Lord is kind and full of compassion, slow to anger, abounding in love. How good is the Lord to all, compassionate to all his creatures. **R.**

LECTOR: All your creatures shall thank you, O Lord, and your friends shall repeat their blessing. They shall speak of the glory of your reign and declare your might, O God. **R.**

LECTOR: The Lord is faithful in all his words and loving in all his deeds. The Lord supports all who fall and raises all who are bowed down. **R.**

GOSPEL ACCLAMATION Alleluia, alleluia! Blessed are you, Father, Lord of heaven and earth; you have revealed to little ones the mysteries of the kingdom. Alleluia!

COMMUNION ANTIPHON (or a hymn) Taste and see that the Lord is good; blessed the man who seeks refuge in him.

Or

Come to me, all who labour and are burdened, and I will refresh you, says the Lord.

TODAY'S READINGS Zechariah 9:9-10; Romans 8:9, 11-13; Matthew 11:25-30

NEXT WEEK (15th Sunday of Year A) Is 55:10-11; Ps 64; Rom 8:18-23; Mt 13:1-23

Brighten up
your day with
The Majellan

ACPA Conference

The annual Australasian Catholic Press Association (ACPA) conference and Awards Dinner will be held in Christchurch, New Zealand from August 26 to 28. Those who work for Catholic organisations in the media/communications field are most welcome. Membership and conference enquiries at www.acpa.asn.au/



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Jesus lightens
our burdens



5 July 2026 14th Sunday Year A

A yoke is a wooden beam used to connect two oxen who pull a heavy load, in which an older well-trained ox is yoked with a younger untrained ox. The older animal takes the greater load and effectively teaches the younger how to work.

In Jewish tradition, 'yoke' often referred to the Law which every righteous Jew follows. To speak of 'the yoke of the Law' acknowledged the authority (and burden) of the Torah (the five books of Moses), together with the oral interpretation of that Law by the Jewish sages, which totalled six hundred and thirteen specific commandments. Observance of these commandments was a sign of faithful commitment to God.

The Law was good, but for some the yoke was a burden, due to the requirement of meticulous observance of all aspects of the Law. In contrast, Jesus invites those who feel overburdened to come to him, and he tells them, "My yoke is easy and my burden light." Does this mean that following Jesus is the lightweight option? This would be an easy conclusion, but in fact it is about conversion of heart and mind rather than mere compliance with rules and regulations.

Matthew is writing to a largely Jewish audience, so it is important to explain how Jesus regards the Law. Jesus himself tells us that he has not come to abolish the Law, but rather to fulfil it. He commends those who follow the Law and promises that they will be

called great in the kingdom of heaven.

In chapter five of this gospel, Jesus states several precepts from the Law of Moses, but then says, "You have heard it said, but I say this to you." What he does is affirm the Law, but he then radicalises it. For example, he says, "You shall not kill, and whoever kills another person must answer for it before the court." He then goes on to demand something more than refraining from homicide. What he asks is that no one harbours anger or resentment in their heart. Instead, they are to be reconciled with their brother, sister, or neighbour, and make peace with them, which is at the very heart of the Law.

Why then does Jesus promise that "my yoke is easy and my burden light?" His promise to those who are weary and burdened is that he will share their burden, walk with them, and help them carry their load; like the older ox, helping the younger. We do not have to do all the heavy lifting, for Jesus promises that he will be our companion and we can rely on him.

The yoke also serves to keep us on track, prevents from wandering off the path, and guides us in an enduring relationship with Jesus.

Life has its challenges and these come the way of all of us, but the knowledge that we are not alone makes a difference, and we are able to move forward, mindful that we have a faithful and committed companion on the journey.

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