

July 9, 2023



COME TO THE LORD

By Sr. Jayne Helmlinger, CSJ

An Excerpt From Today's Responsorial Psalm and Gospel

Excerpts from Psalm 145

I will extol you, O my God and King, and I will bless your name forever and ever. Every day will I bless you, and I will praise your name for ever and ever. The Lord is gracious and merciful, slow to anger and of great kindness. The Lord is good to all and compassionate toward all his works. The Lord is faithful in his words and holy in all his works. The Lord lifts up all who are falling and raises up all who are bowed down.

PSALM 145:1-2, 8-9, 13-14

Excerpts from the Gospel

"Come to me, all you who labor and are 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 light."

MATTHEW 11:28-30

Reflection

Taken together, the readings for this Fourteenth Sunday in Ordinary Time urge all the faithful to live fully our baptismal commitment. At baptism, we entered into a covenant with God and promised to live in and through Christ Jesus, keep His commandments and to serve Him throughout our entire lives.

These readings remind us that we walk in faith with the Holy Spirit guiding our way. If we turn to God, and remember our desire to serve as Jesus served, then we, too, can seek out the downtrodden, and lift up those bowed down. We need not look far to find people who experience themselves as outcasts, unworthy, forgotten, and overlooked.

Our readings remind us that it is in being instruments of God's mercy, through our presence and acts of generous compassion, that we assist others in finding their way to God. No matter the hardships that befall any of us in life, we have life to the fullest when we are in right relationship with the Beloved.

The final words in today's readings are comforting and inviting: "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 light." Take them in and allow yourself to be held in God's embrace as you begin (or end) this day.



Jesus Holding Lamb
Photo by Sr. Jayne Helmlinger, CSJ

Come To The Lord

O Compassionate Healer, may we sing your praise this day,
recalling the covenant of our baptismal promises
to serve you throughout our entire lives.

May our service be generous and amplify the joy deep within us,
witnessing to what we have learned through your Son, Jesus,
to preach, heal, praise, and seek out those in need of compassion.

Let our lives speak to the integrity of our faith response to be instruments
of peace, love, joy, hope, and kindness. May our prayers of praise flow
from hearts transformed by loving service in your name.

If we grow weary in living each day according to your will, may we seek
the comfort of knowing that through you, our burdens become light and our
yokes lose their heaviness as we walk this journey with You.

For Pondering

- How often do you sing or pray the psalms of praise to the One who created you? These readings remind us that in giving glory to God, our own spirits are lifted and we can experience a lightness and joyfulness within us.
- In reflecting on your baptismal commitments, what does this spark within you? What specific act of generosity, prayer, or witness might you extend as you move through your day?

For Prayer

We pray for the grace to live fully our baptismal commitments this day.

*May we lift up those who are bowed down
and be a loving and gentle presence
to those experiencing hardship in their lives.*

*May we walk this day in peace and joy,
inviting others to join us as our very lives sing
the glory and honor of God.*

Amen.

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

[Support Us Here](#)



Center for Spiritual Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

(714) 744-
3172

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 (714) 744-3175

[Unsubscribe](#) knuernberg@csjorange.org

[Update Profile](#) | [Constant Contact Data
Notice](#)

Sent by thecsd@csjorange.org