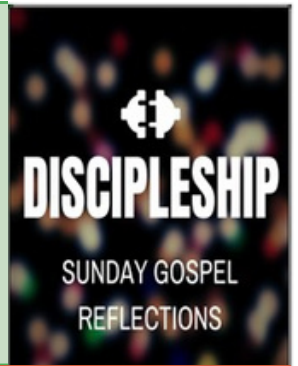


In preparation for July 5, 2026: Fourteenth Sunday In Ordinary Time

**Theme - Burned Out? Come Rest in Christ.**

**Verse for reflection:** “Come to me, all 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 11:25-30 (Verses 28-30)



**Adults -**

1. Jesus tells us to bring him our burdens. What weight might you be carrying right now that Jesus is asking you to bring to him? Is there something that keeps you from coming to Jesus immediately when you feel overwhelmed?
2. Jesus tells us that his “yoke” is light. Which one of Jesus’ ways feels hardest for you to embrace right now? Gentleness? Mercy? Obedience? Humility?
3. Jesus describes his heart as gentle and humble. What does that mean to you personally? Is there a place in your life right now that Jesus is inviting you to respond with gentleness rather than frustration or defensiveness?

**Obstacles for living out the Gospel:** Trust, turning elsewhere first, resistance to surrender.

**Teens -**

1. What are some burdens teens carry today that adults might not always understand? When do you feel the most overwhelmed or stressed in your life right now? Does today’s Gospel bring you any peace, knowing that Jesus is there carrying your burdens with you?
2. When you hear the word “yoke,” what comes to mind? What do you think Jesus is trying to compare it to? Do you think Jesus is saying life will be easy? How can something still be hard but feel lighter at the same time?
3. What do you think it means that Jesus is gentle and humble of heart? How is that different from how the world treats us?

**Obstacles to living out the Gospel:** The mentality that we can do life all on our own and thinking we don’t need the help of God and others to get through life’s struggles.

**Children -**

1. What is the difference between childish and childlike behavior, and why does being childlike make it possible for us to respond to God’s wisdom?
2. Jesus doesn’t promise us a life without pain, but he says that the yoke and burden will be light and easy to bear when we put our trust in him. Do you ask Jesus to help you through tough times?
3. What must we do in order to trust God in all circumstances?

**Obstacles to living out the Gospel:** Not putting our trust in God.

