

“Come to Me and I Will Give You Rest”

14th Sunday in Ordinary Time
Cycle A | July 5, 2026

WISDOM FROM THE CELLS

The burden I would most like to get rid of is the burden of guilt for not doing enough for my loved ones when I had a chance to before and during my incarceration – guilt from leaving my kids to fend for themselves at an early age; guilt from not fulfilling my fatherly duties; guilt from not giving them that love that only a father could give his children.

I always feel that they would have turned out differently and that they wouldn't have had the rough life they had growing up. Yeah, they had a roof over their heads and were raised by my family members, but to them and to me, it wasn't the same.

There is nothing greater than a parent's love. My parents were always there to comfort me and pick me up when I would fall. I put my parents through so much stress and worry and they were still there for me as if nothing happened. I carry that burden. I caused their health issues that ultimately took their lives too early. They will always be the role models I look up to. I am nowhere close to living up to the standards they set. This is how I know I fell short when it comes down to my own kids.

I pray to the Lord to forgive my past, present and future transgressions. I live surrounded by darkness, but He is my light through it all. I pray to the Lord to help me stay humble and not allow the devil to control my thoughts. I won't lie, it is hard. But inside, though, I want to try to walk as He did.

- Jose, who is in a California State Prison.



PENITENTIAL RITE

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

May almighty God have mercy on us, forgive us our sins and bring us to everlasting life.

R. Amen.

OPENING PRAYER

Let us pray:

Father God,

Through Jesus, your Son, you reveal to us how much you love us. Make us humble and receptive, that we may be open to the Good News and receive your food of strength. Let your peace and rest dwell in us even in the struggles of life..

We ask this through Christ, our Lord. **R. Amen.**



LITURGY OF THE WORD

First Reading: Zechariah 9:9-10

Thus says the LORD: Rejoice heartily, O daughter Zion, shout for joy, O daughter Jerusalem! See, your king shall come to you; a just savior is he, meek, and riding on an ass, on a colt, the foal of an ass. He shall banish the chariot from Ephraim, and the horse from Jerusalem; the warrior's bow shall be banished, and he shall proclaim peace to the nations. His dominion shall be from sea to sea, and from the River to the ends of the earth.

The Word of the Lord.

R. Thanks be to God.

Second Reading: Romans 8:9, 11-13

Brothers and sisters: You are not in the flesh; on the contrary, you are in the spirit, if only the Spirit of God dwells in you. Whoever does not have the Spirit of Christ does not belong to him. If the Spirit of the one who raised Jesus from the dead dwells in you, the one who raised Christ from the dead will give life to your mortal bodies also, through his Spirit that dwells in you. Consequently, brothers and sisters, we are not debtors to the flesh, to live according to the flesh. For if you live according to the flesh, you will die, but if by the Spirit you put to death the deeds of the body, you will live.

The Word of the Lord.

R. Thanks be to God.

Responsorial Psalm: Psalm 145:1-2, 8-9, 10-11

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

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 forever and ever.

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

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.

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

Let all your works give you thanks, O LORD,
and let your faithful ones bless you.

Let them discourse of the glory of your
kingdom

and speak of your might.

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

Gospel: Matthew 11:25-30

At that time Jesus exclaimed: "I give praise to you, Father, Lord of heaven and earth, for although you have hidden these things from the wise and the learned you have revealed them to little ones. Yes, Father, such has been your gracious will. All things have been handed over to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son wishes to reveal him." "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."

The Gospel of the Lord.

R. Praise to you, Lord Jesus Christ.



MEDITATION: WEARY

*(through the eyes
of peter)*

this morning
we began
our journey
over these hills
all before
the sun scorch
our souls burnt
brutally into
our depths

jesus was
approaching me

peter
here
give me
your traveling bag
you are walking
too slow
what are you carrying?
your bag is so heavy
so many concerns
worries and fears

peter
you are weary
you can hardly
keep up
you have stored
so much within
your bag is holding
you down
keeping you heavy

not letting you
enjoy whatever
is before you

peter
give me
your weight
give me
the heaviness
you are carrying
within your bag

jesus
to be honest
i don't really know
what is happening
i am so angry
i am so upset
at everything
that has happened
to me
all the sufferings
all the hurting

jesus
i don't understand
why people have
to endure such pain
why does life have
to be this way?
why?

jesus was
taking more
from my bag
i was feeling free

peter
he said
it is good to feel
anguish for people
but peter
don't let this weight
keep you on
the ground
swimming in
your anger

you will be no good
for anyone
eventually
you will be destroyed
you will be lost
in despair
in hopelessness

let go
of your hate
don't drown in hate
and revenge
rather receive
strength from
my abba

jesus was emptying
my bag of such
worthless weight
that was keeping me
from being free
from making good
decisions

peter
learn from me
give me
your worthless
weight
your problems
your frustrations
your hate
your anger
your hurt
and i will give you
rest

jesus was
handing me
the bag and
placed it on
my shoulder
it was now light
and i felt free

i walked now
rapidly with jesus
i never again
wanted to be
so weighted down

jesus
thank you for
emptying my bag
thank you

it feels good
to walk you
feeling freer



REFLECTION: I remember a time I wanted to give up and Jesus helped me... I remember...
I remember...

OUR FATHER

Let us pray with confidence to the Father
in the words our Savior gave us:

**Our Father, who art in heaven,
hallowed be thy name;
thy Kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses
as we forgive those who trespass against us,
and lead us not into temptation,
but deliver us from evil.**

**R. For the kingdom, the power and the glory
are yours, now and for ever. Amen.**

SIGN OF PEACE

Jesus, you said to your apostles: "I leave you
peace, my peace I give you. Look not on our
sins, but on the faith of your Church, and
grant us the peace and unity of your kingdom
where you live forever and ever. **Amen.**

The peace of the Lord be with you always.
R. And with your spirit.

LAMB OF GOD

Lamb of God, you take away the sins of the world:
Have mercy on us.

Lamb of God, you take away the sins of the world:
Have mercy on us.

Lamb of God, you take away the sins of the world:
Grant us peace.

This is Jesus, the Lamb of God, who takes away
the sins of the world. Happy are we who are called
to his supper.

**Lord, I am not worthy that you should enter
under my roof, but only say the word and my
soul shall be healed.**

COMMUNION

CLOSING PRAYER

Let us pray:

Jesus,

You are gentle and humble of heart. Help us
acknowledge that we cannot carry the crosses in
our lives on our own. Help us not to be too proud
to unburden ourselves through the love, peace and
friendship that you offer us.

We ask this through Christ, our Lord. **R. Amen.**

