



Friends of Jesus and Mary
Amigos de Jesús y María



Florida Center for Peace

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Cycle A - XIV Sunday in Ordinary Time

Zachariah 9, 9-10; Psalm 144; Romans 8, 9, 11-13; Matthew 11, 25-30

My burden is light.

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."

Reflection:

Jesus started by praising God. For what did He praise God? Because God reveals his truths to the little ones and hidden them from the wise and the learned. **Why does God reveal his truths to the little ones?** They know that they need God and they accept His truths. **Why don't the wise and the learned accept God's truths?** They feel that they know everything and can-do things on their own; they do not need God. **Jesus says that God has handed him all things and He invites certain people to come to Him. Who does He invite?** He invites all who labor and are burdened. **Why does He**



invite them? They know they need help and are grateful for the invitation. **What does Jesus promise them?** He promises to give them rest. **What burdens do we have?** Difficulty studying or making friends; financial problems in the family; a loved one is sick or far away; a mean person in school... **Does Jesus take the difficulty away?** No, maybe the difficulty is helping us to trust Jesus or to make us stronger. Jesus promises to make the burden easier. **Jesus says take my yoke upon you. A yoke is placed on animals when they are pulling a heavy load so they move in the same direction. What yokes does Jesus give us?** He gives us His commandments, the Church and the Sacraments, and the example of His life so we may imitate Him and be united in Him.

Activity:

On the following pages, choose an activity to speak about the gospel.

Prayer:

Jesus, please make me little so I may always seek you. I need you to console me when I'm sad. I need your advice in all that I do. I need your love and forgiveness to be happy. Amen.

Song: Twists and Turns, Christian Gravity, <https://youtu.be/UBDB4aEQX4I>

PPT: https://docs.google.com/presentation/d/1coIFBgksEge19ZnvZUJAgQVgagi5jAR7/edit?usp=drive_link&ouid=115268475267556305384&rtpof=true&sd=true (6-9 yrs.)

https://docs.google.com/presentation/d/1VCTTXIzmuoM5M8W4IEYGcQ5kCC8FRjUR/edit?usp=drive_link&ouid=115268475267556305384&rtpof=true&sd=true (10+ yrs.)

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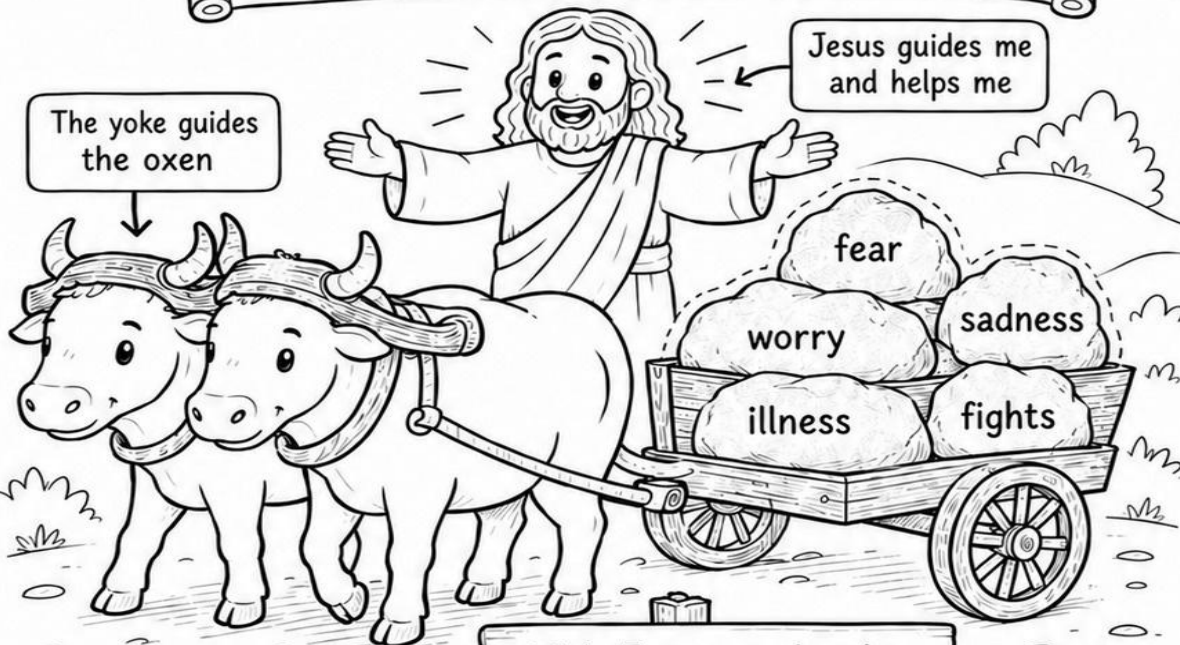


Craft: Jesus' yoke guides me and lightens my burden ✂

Come to me, all who are weary and burdened,
and I will give you rest... for my yoke is easy
and my burden is light.
Matthew 11:28-30

The yoke guides
the oxen

Jesus guides me
and helps me



With Jesus my burden
becomes lighter

fear

worry

sadness

illness

fights

pray

trust

forgive

give thanks

gentleness

humility

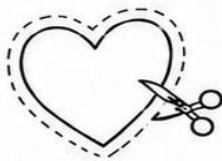
1

Color



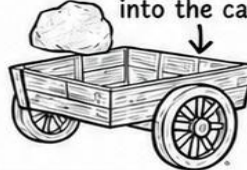
2

Cut out the
hearts



3

Cut out the stones
and glue them
into the cart



4

Glue the hearts
near Jesus



♥ Jesus guides me and gives me rest. ♥



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Instructions: Make a book with the pictures and the prayer. Fold a colored construction paper in 4. Cut in half (8.5"x5.5"). Place one on the other and staple the center fold. Cut, color and glue the pictures, the heading, and the prayer onto the pages.



Jesus consoles me.

**Come to
me... and
I will give
you rest.**



Jesus gives me advice.



Jesus loves and forgives me.

**Dear Jesus, I always need your love.
Never leave me alone. Please help me
with:**

**Thank you for your presence in my life.
I love you very much,**

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