



Based on the gospel for Sunday 5 July - Matthew 11: 25-30

“I am gentle and humble of heart.”

This passage contains some of the most comforting words anywhere in the gospels. God’s message of love and concern are not just for those who study and analyse Jesus’ words, but for all who open themselves fully to the message of the gospels.

An open attitude of mind and heart are necessary to receive the gospel message and carry it out in our lives. In this way we may hope to glimpse the fullness of God and to deepen our own spiritual lives.

Jesus then brings to our attention those people upon whom poverty, slavery, exhaustion or deep sadness weigh heavily. Like Jesus, we must be prepared to take up and share these burdens.

In our own lives we become able to face – with Jesus’ help – our everyday trials and problems. By asking for his help, our spiritual lives are also transformed. Serving God is no longer onerous; instead joy and tranquillity pervade our lives and our service.

We pray, Creator God, that our lives may be of service to you and your people. May we bring about change in our world, in its attitude to those who are poor or struggling in so many ways to survive. Amen.



Coronavirus prayers

Keep everyone affected by coronavirus in your prayers at this time.

Let us pray



Summer of Hope

Take part in our Summer of Hope and help vulnerable families around the world survive coronavirus.

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Making a difference

Through your support, we've scaled up our coronavirus response, providing food and handwashing facilities to those who need it most.

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This reflection and prayer were written by Sister Bridgetta Rooney of Saint Joseph and Peace. This congregation is dedicated to bringing peace and justice to the world by their work and prayer.

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