Solemnity of Most Sacred Heart of Jesus (A)

Gospel text (*Mt* 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."

"Come to me… Take my yoke upon you and learn from me"

Fr. Justo DÍAZ Villarreal OSA
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Today, the Lord offers us not an idea, but his open Heart. His words: "Come, take, learn" (cf. Mt 11:28-29) are like three steps in the same experience. First, he calls us, because he knows that when man seeks himself far from God, he ends up weary of his own imagined greatness. Then he gives us his yoke: not a crushing burden, but a bond of love that orders life. Finally, he invites us to learn from him, meek and humble, because only humility opens the door to a life with meaning and a true capacity to love and serve.

Saint Augustine understood this admirably: if the Most High humbled himself, why does man puff himself up? Whoever tries to exalt himself without Christ ends up breaking down inside; whoever lowers himself to the stature of the Humble One enters into the truth. And the truth does not humiliate man by destroying him, but by restoring him to his most beautiful form: that of a beloved child (cf. Sermon 70).

The Gospel tells us precisely that the Father reveals his mysteries to the little ones (cf. Mt 11:25). We do not enter the Kingdom through self-sufficiency, but through the rediscovered humility of the believing heart.

Thus, the rest that Jesus offers is not escapism or indifference to the suffering of the world. It is the peace of one who no longer needs to defend their pride or sustain it with false justifications. It is a peace that allows us to love, to serve, to bear burdens, and to hope. The Heart of Christ introduces us into history with a new freedom, steadfast in his friendship and bearers of his peace, "unarmed and

disarming."

Therefore, going to Christ, to his Heart, is a path of freedom and truth. Taking up his yoke is walking united to Him. Learning from his Heart is accepting that Christian greatness does not consist in dominating, but in serving communion and peace. Pope Leo XIV beautifully summed it up: "It is the peace of the risen Christ. A peace that is unarmed and disarming, humble and persevering. A peace that comes from God, the God who loves us all, unconditionally."

Thoughts on Today's Gospel

- "The crucified Lord is a supreme witness of patient love and of humble meekness." (Saint John Paul II)
- "Only by contemplating the suffering humanity of Jesus can we become meek, humble, and tender as he is. There is no other way." (Francis)
- "(...) The Sacred Heart of Jesus, pierced by our sins and for our salvation, is quite rightly considered the chief sign and symbol of that love with which the divine Redeemer continually loves the eternal Father and all human beings without exception." (Catechism of the Catholic Church, Nº 478)

Other comments

"Come to me, all you who labor and are burdened, and I will give you rest"

Fr. Antoni DEULOFEU i González
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Today when we find ourselves weary from the daily grind—because we all carry heavy burdens that can sometimes be hard to bear—let's think of these words of Jesus: "Come to me, all you who labor and are burdened, and I will give you rest" (Mt 11:28). Let's rest in Him, who is the only one that can ease all of our concerns, and thus find the peace and love that the world doesn't always provide.

Truly human rest requires a dose of 'contemplation'. If we raise our eyes to heaven and pray with our hearts, and if we are humble, we will surely find and see God, for He is there; "I give praise to you, Father, Lord of heaven and earth" Mt 11:25. But He is not only there, we can also find Him in the 'easy yoke' of everyday little things: in the smile of a small child full of innocence, in the grateful gaze of a sick person we've visited, in the eyes of a poor person asking for our kindness and assistance…

Let's let our entire being rest, and completely entrust ourselves to God who is our only salvation and the

salvation of the world. As Saint John Paul II recommended, for true rest, we need to "…cast a gaze full of joyous delight [at a job well done]. This is a 'contemplative' gaze which does not look to new accomplishments but enjoys the beauty of what has already been achieved" in the presence of God. Moreover, we should express gratitude to Him: Everything comes from the Most High and, without Him, we could do nothing (cf Jn 15:5).

Indeed, one of the current major dangers is that "Ours is a time of continual movement which often leads to restlessness, with the risk of 'doing for the sake of doing.' We must resist this temptation by trying 'to be' before trying 'to do'" (Saint John Paul II). Because, in reality, as Jesus tells us, there is only one necessary thing (cf. Lk 10:42): "Take my yoke upon you… and you will find rest for your selves" (Mt 11:29).