

14th Sunday Ordinary Time

- Are you in pretty good shape
- Well I'm not – I went to Sym's and the sales rep took me to the Portly section
- So I stopped in at WOW
 - Treadmills, stationary bikes, stairsteppers, free weights
 - Free weights were interesting – two men together
 - One on bench press and a spotter
 - The spotter has 2 jobs (encouragement safety)
To get him to lift more He lifts the weight for him
- This is a good example of today's gospel
 - Some days things are pretty easy – we may struggle, but with God we deal
 - Some days are more difficult – we need more encouragement
 - We can find it in God's word (Gen 26 Don't be afraid I am with you)
 - Ps 28:7 I will give you strength, Ps 34:6 I am with you in times of trouble
 - Jn 16:33 In this world you will have tribulation, fear not, I have conquered
 - These words of encouragement are just what we need in hard times
- Do you ever have a day when the weight is more than you can handle?
"Come to me all who are weary and heavy burdened, I will give you rest"
Take my yoke upon you, my yoke is easy my burden light
This is when Jesus helps us lift the burden
(If I am already heavily burdened, why take on His yoke – why add something else) SPRINGFIELD EXPOSITION HORSE PULL – yoked, they pull more
 - Yoked to Jesus our burden is lighter

On those really hard days Jesus steps in and lifts our burden with us

NB – Burden is still there, doesn't go away

What is different is our ability to deal with it – we are not alone

- Look at today's 1st reading
- Zechariah is from a priestly family, just returned from Babylonian exile
- They return to Jerusalem and start rebuilding
- All the neighbors who had been there during the exile now line up against them
- Surrounded on every side – **Just like Israel today** *In the midst of that* →
- The prophecy is "Rejoice" "King of Peace will come, meek, humble, riding a colt" **and God defends them.**
 - Jesus says, "all you who are burdened come to me and find rest"
 - In the midst of OUR battles, OUR struggles, OUR trials
 - The same savior predicted by Zechariah brings peace
 - As we celebrate Independence Day what this Gospel point to is different
 - Dependence Day – the realization we are dependent upon God –
 - As He defends Israel, He defends US – go to Him in trial, and REJOICE