

Sacred Heart

Matthew 11:25–30

The Lord calls you into his presence today.

Are you standing strong this summer?

You are listening to the voice of Jesus calling you to follow him.

Pray that the Lord draws you out of sloth to embrace the kingly mission he has given you. Pray for the grace of freedom and humility for all Exodus Men, just as they are praying for you.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Lord and Master of my life, spare me from the spirit of indifference, despair, lust for power, and idle chatter. Instead, bestow on me, your servant, the spirit of integrity, humility, patience, and love. Yes, O Lord and King, let me see my own sins and not judge my brothers and sisters; for you are blessed forever and ever. Amen.

A Reading from the Gospel of Matthew

At that time Jesus declared, "I thank thee, Father, Lord of heaven and earth, that thou hast hidden these things from the wise and understanding and revealed them to babes; yea, Father, for such was thy gracious will. All things have been delivered to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and any one to whom the Son chooses to reveal him. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Reflection

David was called a man after God's own heart. Jesus, the Son of David, literally has the human heart of God, showing us God's love through his own affections and actions. Just as David mourned for his enemies, so Jesus humbled himself and came to us as a servant. He is the Son of God, the Word through whom all was made. He has come as the Messiah, the heir to the Davidic throne, as the Savior of the world. And, yet, he is meek and humble of heart.

Jesus says that we should learn from him. He wants us to throw off our spiritual sloth by taking up his yoke with him. We become yoked together with Christ, meaning that we unite our burdens to his Cross and carry them together. This shared work benefits not only us but all of those in our lives as the love of Christ's own heart begins to shape our own love, prayer, and work. Jesus frees us from sloth, anger, lust, and bitterness. He wants us to imitate his own gentleness and humility.

How can we become men after God's own heart? We have a greater example than David in Jesus himself. To love like Jesus is to make ourselves a sacrificial gift to others. To love them by putting their good before our

own.

A slothful person seeks immediate satisfaction and refuses to make sacrifices for a greater good. We need grace to break out of this sloth that keeps us focused on ourself. Jesus's love can move us out of this lethargy, drawing us out of ourselves and inflaming us with his divine Spirit.

Pray about what it means to be yoked together with Jesus and how you can learn greater humility from him.

Now place yourself before God, and converse with him.

Week 3 Action Items

Plan a summer BBQ.

Evaluate your Plan of Life.

Commit to intentional prayer time with others.