

# Staffroom Prayer Prayer Leader Sheet



## Changed for Good

This is the prayer for the week beginning the 6<sup>th</sup> July, the 14<sup>th</sup> week of Ordinary Time.

As you enter this time of prayer, notice what your mood is. How are you feeling today? What thoughts are in your mind? Don't try to change them, just notice what they are and set them down in this place where God is present with you.

### Pause

Today's reading is from the Gospel of Matthew, chapter 11 verses 25-30.

"Jesus exclaimed, "I bless you, Father, Lord of heaven and of earth, for hiding these things from the learned and the clever and revealing them to mere children. Yes, Father, for that is what it pleased you to do. Everything has been entrusted to me by my Father; and no one knows the Son except the Father, just as no one knows the Father except the Son and those to whom the Son chooses to reveal Him.

"Come to me, all you who labour and are overburdened, and I will give you rest. Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

### Pause

Right now, you might be longing for rest. So many things in the world have been turned upside down and so much of our own lives has been disrupted, perhaps permanently changed. Things we would never have thought possible are now the case.

In this reading, Jesus tells us that, for all our learning, we don't know what lies in store for any of us, still less are we able to direct it.

In what ways are you dealing with disruption and changes to the usual order of things?

### Pause

Jesus tells us that our response must not be to rely on our own cleverness or learning, but to become humble and, like children, trust in God our Father.

It's in this complete trust in God, like a child in their parent, that we will find rest.

Take a moment to imagine that feeling of security and trust in an utterly loving parent, a God who keeps His promises.

### Pause

Jesus promises, "Come to me all you who labour and are overburdened, and I will give you rest."

His way is not to sort out the world to have it as we would like it to be. His way is to shoulder our burden and to walk with us, yoked side by side.

Jesus said, "Shoulder my yoke and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Yes, my yoke is easy and my burden light."

### Pause

This is a time when, usually, we might have found encouragement in the thought of the summer holidays only being two weeks away. This year, however, the summer holidays might look very different for many people.

In what ways might you look forward to a time of rest?

Can you find comfort in St Paul's message that 'our true homeland is in heaven'?

### Pause

To close this time of prayer, you might like to reflect on Pope Francis' words:

*"To those who suffer, God does not provide arguments which explain everything; rather His response is that of an accompanying presence, a history of goodness which touches every story of suffering and opens up a ray of light."*<sup>1</sup>

Glory be to the Father and to the Son and to the Holy Spirit. Amen

<sup>1</sup> 'Lumen Fidei'