

## The Easy Yoke of Jesus (14<sup>th</sup> Sunday in Ordinary Time, Year A)

### **Zechariah 9:9-10—The Humble Messiah King**

1. Future “King” who comes to Jerusalem: “Humble” and riding on a donkey
2. New Solomon: a king of “peace”

### **Psalm 145—I Will Praise Your Name, My King and My God**

1. Psalm of Praise and Thanksgiving: “I will extol thee, my king and my God” (v. 1)

### **Romans 8:9, 11-13—The Spirit and the Flesh**

1. You are not “in the flesh (*sarx*),” but “in the Spirit (*pneuma*)”
2. Do not live “according to the flesh” but “according to the Spirit”

### **Matthew 11:25-30—No One Knows the Son**

1. Jesus’ ‘Thanksgiving Prayer’: The Hidden Mystery of Jesus’ Identity:
  - a. God has “hidden” (*kryptō*) things from “the wise and understanding”
  - b. Has “revealed” (*apokalyptō*) them to “infants” (cf. Matt 18:1-4; 19:13-15)
2. Mystery of Jesus’ Identity:
  - a. “All things” have been “delivered to me” by “my Father”
  - b. “*No one knows the Son* except the Father”
  - c. “*No one knows the Father* except the Son”
  - d. “And anyone to whom the son chooses to reveal (*apokalyptō*) him”
3. The “Yoke” of Jesus: cf. “yoke of the Law” (Acts 15:10)
  - a. “Come to me” all who “labor” and are “heavy laden”
  - b. “I will give you rest”
  - c. “Yoke” (*zygos*): carried by “two animals” (Davies and Allison, *Matthew*, 2.289)
  - d. Jesus’ Yoke: “Easy” and “light” (11:30)
  - e. The “Yoke” of Wisdom:

*Put your neck under the yoke, and let your souls receive instruction;  
it is to be found close by. See with your eyes that I have labored little  
and found myself much rest. (Sirach 51:26-27)*

4. The Humility of Jesus: I am “gentle” and “humble in heart” (cf. Beatitudes)
5. Spiritual Rest: “you will find *rest for your souls*”

### **Ancient Commentary on Matthew**

“My yoke is easy and my burden light...” The prophet says this about the burden of sinners: “Because my iniquities lie on top of my head, so they have also placed a heavy burden on me” (Ps 37:4 LXX). “Place my yoke upon you, and learn from me that I am gentle and humble of heart.” Oh, what a very pleasing weight that strengthens even more

those who carry it! For the weight of earthly masters gradually destroys the strength of their servants, but the weight of Christ rather helps the one who bears it, because we do not bear grace; grace bears us.” (*Incomplete Work on Matthew*, Homily 29; trans. M. Simonetti, *Matthew*, 1.233)

## Questions for Discussion and Reflection (14<sup>th</sup> Sunday, Year A)

1. Why does Jesus say that God has “hidden” the mystery of his identity from the “wise”? If God “desires all men to be saved and to come to the knowledge of the truth” (1 Timothy 2:4), why would he “hide” anything from anybody?

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2. Take some time to reflect on Jesus’ declaration that “no one knows the Son except the Father” and “no one knows the Father except the Son.” What does this say to us about the mystery of the Trinity?

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3. Many people resonate with Jesus words: “Come to me, all you who labor and are heavy laden.” And yet living the Christian life does not always seem “easy” or “light.” What are some practical ways that you can both “take up” the “yoke” of Jesus and let him help you carry it? How can the “cross” be “easy” and “light”?

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### For Further Study

1. Francis De Sales, *Introduction to the Devout Life*. (New York: Image, 2003), pp. 121-140 (on Humility and Meekness), pp. 172-176 (on daily sacrifices). Wonderful meditations from the master of the Spiritual life on how to imitate the humility of Jesus and take up the cross in daily life.