

Encountering the Word

with Jeff Cavins

Fourteenth Sunday in Ordinary Time (A)

Zechariah 9:9–10 • Romans 8:9, 11–13 • Matthew 11:25–30



His Yoke Is Easy

This Sunday's readings reveal what it truly means to live "in the Spirit." St. Paul reminds us that the Spirit of the One who raised Jesus from the dead dwells within us and gives life to our mortal bodies. To belong to Christ is not simply to avoid sin but to allow his Spirit to shape our every thought, word, and action. Life in the Spirit is not a vague label for Christians; it is a daily reality of surrender and transformation.

Jesus unveils the heart of this life when he says, "Take my yoke upon you and learn from me, for I am meek and humble of heart" (Matthew 11:29). In the language of his time, to take on the "yoke" of a rabbi meant to embrace his teaching and worldview. To live under Christ's yoke means to adopt his way of seeing everything—marriage, family, money, justice, mercy, and eternal life. It is to let his truth and love define not only what we believe but also how we live.

So often we approach holiness as a battle of willpower, endlessly resisting sin but rarely moving forward in grace. Jesus invites us to a deeper freedom! The way to overcome the flesh is not only to resist but also to actively walk in his Spirit. It is not enough to avoid darkness; we must step fully into his light. His yoke is not a crushing burden but a liberating gift, for it aligns us with the one who is meek and humble of heart.

When we surrender our restless striving and carry the yoke of Christ, we discover a paradoxical rest. The world's comfort presses us down, but his burden lifts and frees us! To live under his yoke is to find rest for our souls and to walk in the peace that only he can give.



Living the Gospel

Choose one daily action this week to intentionally place under Christ's yoke. It may be forgiving a small offense, offering your time to someone in need, or entrusting a worry to him in prayer. By submitting that part of your life to his will, you will experience the freedom and rest that only comes from living in the Spirit.

Dive Deeper

Scan this code to watch:



Or go to <https://www.youtube.com/watch?v=RmHO-9PFWuI>

Ponder and Pray

» Jesus promises rest to those who take his yoke upon them. Where in your life do you feel weighed down by burdens of the flesh or by trying to control everything on your own? How might his gentleness reshape the way you carry these responsibilities?

“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.”
—Matthew 11:28–30

» Living under Christ’s yoke means adopting his worldview. Which part of his teaching do you resist the most? What step could you take to conform your life more fully to his way?

Make It Your Own

You and others in your household may use this space to write anything about today’s Mass. It might be your view of Jeff Cavins’s reflection, your priest’s homily, or your answers to the questions on this page—anything to help you and your household get the most of today’s Mass.

» Jesus describes himself as “meek and humble of heart.” How does his tenderness toward you change the way you view God, and how might you extend that same tenderness to others this week?
