

14th Sunday in Ordinary Time
July 05, 2026

FAITH @ HOME

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First Reading: Zechariah 9: 9-10
Resp. Psalm: Psalm 145: 1-2, 8-9, 10-11, 13-14
Second Reading: Romans 8: 9, 11-13
Gospel: Matthew 11: 25-30

[Full readings can be found here!](#)

1. HEAR

Pick up your bible and look up the Gospel reading. Don't have one? No worries; you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, channel WOG channel, 1:09 min)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Channel Gospel Readings for Kids - watch till 1:06 min)

2. PRAY

Gather the family around a prayer space after hearing the readings of the day. Read the prayer by taking turns or sides echoing off each other.

Loving Jesus, You invite us to come to You when we are tired, worried, or burdened.

Bless our families, and help our homes be places of peace, where we learn from You with gentle and humble hearts.

When life feels heavy, teach us to carry our crosses together with love, patience, and trust in You.

Help parents and children alike to find rest in Your presence and strength in Your word.

May our family walk in Your ways, sharing kindness, forgiveness, and joy each day, and resting always in Your loving care.

We place our hearts and our home in You, Lord, for Your yoke is easy, and Your burden is light.

Amen.



3. TALK

In today's Gospel we hear Jesus's speak of how we must live with humility to be able to understand the will of God. Reminding us that with a humble and sincere heart like that of a child who puts their trust in the Lord will see the presence of God in our lives.

Discuss as a family: How have I showed humility this week?

Then he goes on to remind us that when we feel that the burden of our problems is too much, we should go to him with humility. Offering his yoke because it is easy and in it will find rest. If you are not familiar with the work at a farm the word yoke might be new to you. It is a wooden crosspiece that is fastened over the necks of two animals and attached to a plow or cart they pull. It allowed the animals to do heavy work sharing the weight of the load. Jesus' yoke is the love that God has for all of us his children. Because of God's love for us he died on the cross for our sins and save us. Now he is telling us to take his yoke or in other words his love so that we can bear life's hardships.

Discuss as a family or journal: What is one hardship or problem that I can offer to God?

We share in God's love when we are in relationship with him. Jesus does not take away our problems but helps us overcome them. It's in sharing in God's love and sharing His love with others that we live happier lives.

[\(Optional activity: coloring sheet for children\)](#)