

HOMILY 14TH SUNDAY Ordinary Time

July 5, 2026

A friend of mine was telling me that one day she noticed that a dog was in her back yard sleeping. She did not think much of it until the dog came back at the same time each day for the next week. The dog would sleep for about an hour and leave. She did not recognize the dog but knew it was not a stray because it was well fed and well groomed. She decided to put a note on the dog that read, “your dog comes to my house every day at the same time, sleeps for about an hour and then leaves. I do not have a problem with this, but I just wanted to make sure it is okay with you.” The next day she got a note back. “We live in a house with three preschool kids, and the dog comes each day to catch up on his sleep. I am wondering if it would be okay with you if I came with him tomorrow.” We get tired sometimes.

In the Gospel reading today we heard, “Come to me, all you who labor and are burdened, and I will give you rest.” We need to remember that we are never in this life alone and God will always help us. One way that he will give you rest is if you take time to pray. Sometimes we think we do not have time in our busy day to pray, but if you take that time to pray you will have more time. I am not talking about reciting prayers written by someone else. I am talking about sitting with God and examining the way things are going in your life. Prayer can help us to focus upon our purpose and what is important. 42% of what we do every day we do by habit. We do not even think about it. If we took this to prayer some of the things we do every day, we may not need to do anymore. It may have served a purpose at one time but maybe it is no longer needed. And we do need to remember our purpose. “We cannot sweat the small stuff.” Will it still be important next week, or in an hour. We sometimes waste time and energy on things that just do not matter. And

how many of you are worriers? That can just wear you out. 90% of the things that we worry about will never happen but you have wasted all of this time and energy on them. Know that God will help you to deal with things when they happen. Pope John XXIII had a famous prayer that he prayed at the end of every day, “It’s Your Church Lord. I am going to bed.”

We also hear in the Gospel, “my yoke is easy and my burden is light.” A yoke is something that joins animals together so that they work together. I was reading about Clydesdale horses. They are capable of pulling about 7,000 pounds. If they are yoked together and trained, they are capable of pulling about 25,000 pounds. That is almost twice as much as they could pull working alone. So, stay yoked to God. He will help you.

We also hear in the Gospel, “although you have hidden these things from the wise and the learned, you have revealed them to little ones.” Maybe we need to become more like children. They know and accept they are dependent upon adults. Can we accept that we are dependent upon God? Can we accept that we need other people in our lives? Children live in the present. They are not carrying around a lot of baggage from the past. Stop ruminating about the past that you cannot change. Learn from it and move forward. It just zaps your energy. Children live in the present. They have no particular plan for the future. They are curious about their environment, taking it all in like a sponge. They do not miss much. They pretty much see and hear everything. How much do you miss of what is happening now because you are trying to control the present and plan for the future? Make a general plan but try and let go of the details. We make a plan, God laughs. Be open to God’s plan. It is better than ours.

So, is life wearing you out? God can help you with that if you let him.