

HOLY CROSS AND ALL SAINTS MONDAY MISSION

THIS WEEK'S WORD: MATTHEW 11:25-30

At that time Jesus said, "Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned. Yes, Father, this was how you were pleased to have it happen. "My Father has given me all things. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him. "Come to me, all of you who are tired from carrying heavy loads, and I will give you rest. Take my yoke and put it on you, and learn from me, because I am gentle and humble in spirit; and you will find rest. For the yoke I will give you is easy, and the load I will put on you is light."



REFLECT

In today's Gospel, Jesus gives us a wonderful invitation: "Come to me... and I will give you rest." Sometimes life can feel difficult. We might worry about school, friendships, family, or making mistakes. At times, our hearts can feel heavy with sadness, fear, or frustration. Jesus reminds us that we never have to carry these worries on our own. He is always ready to listen, comfort us, and help us. Jesus is gentle, kind, and full of love. When we spend time with him in prayer, he fills our hearts with peace and gives us the strength to keep going. He also asks us to be gentle and kind to others, helping to make their burdens a little lighter. By showing love, sharing, forgiving, and encouraging others, we can be like Jesus every day.

Think about: What is weighing on my heart today? Have I asked Jesus to help me? How can I make someone else's day a little lighter?

LET US PRAY

Dear Jesus,
Thank you for loving us and caring for us every day. Thank you for inviting us to come to you whenever we feel tired, worried, or afraid. Help us to trust you with our problems and to remember that you are always by our side. Fill our hearts with your peace, kindness, and joy so that we can share your love with everyone we meet.
Amen.

MISSION

This week, when you feel worried or upset, stop for a moment and quietly say, "Jesus, I trust you. Please help me." Then look for one way to make someone else's day a little lighter by sharing a smile, helping at home or school, or listening to them and saying kind words. Just as Jesus helps carry our burdens, we can help carry someone else's through love and kindness.