

# Year C - Commemoration of All the Faithful Departed

## Matthew 11:25-26, 28-30

*You have hidden these things from the learned and the clever and have revealed them to children.*



On one occasion Jesus said:

"My Father, Lord of heaven and earth,  
I am grateful that you hid all this from wise and educated people  
and showed it to ordinary people.  
Yes, Father, that is what pleased you."

Then Jesus said:

"If you are tired from carrying heavy burdens,  
come to me and I will give you rest.

Take the yoke I give you.

Put it on your shoulders and learn from me.

I am gentle and humble,  
and you will find rest.

This yoke is easy to bear,  
and this burden is light."



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We don't have to pretend with God



### Message:

- Jesus was talking to God, His Father, and He thanked Him for something very special. He said, “Thank you, Father, for showing your wonderful secrets—not to people who think they know everything, but to regular, everyday people who have open hearts.” God is happy to share His love with anyone who wants to listen and learn.
- Then Jesus turned to the people and gave them a beautiful invitation. He said, “If you are feeling tired, or if you have big worries or problems, come to Me. I’ll help carry those heavy feelings and give you rest.”
- Jesus talked about a “yoke”—this was something farmers used to help two animals carry a load together. Jesus was saying, “Let’s walk together. I’ll help you carry the hard stuff. I’ll be gentle and kind to you, and with Me, it won’t feel so heavy.”
- Jesus loves all people—people just like you! You don’t need to be super smart or important for God to love you. When life feels hard or you’re worried, Jesus says, “Come to Me—I’ll help.” When we accept this invitation from Jesus, he will walk beside us and makes our troubles lighter.

### Discussion:

- What do you think Jesus meant when He said, “Come to Me if you're tired”?
- Can you think of a time you felt worried or tired? What helped you feel better?
- Why do you think Jesus wants to carry our “heavy burdens” with us?

