

FR.TK.REFLECTIONS 14th SUNDAY YEAR A.2023.

BRING THE EXCESS BAGGAGE TO ME!:

Today we are living in a world whereby people are becoming increasingly weary,tired in spirit and mind thus affecting our life's and making them unbearable.

There is so much **problems,challenges,varying opinions,financial, social healthy,anxieties,worries, family and psychological issues** that our mind are becoming **numb**.processing these leaves us so **exhausted, weary and tired**.These will create in us **instability and derailment** in our life's as human beings and more as Christian's.

The world is not neither **sympathizing** nor **waiting** for us,it is **too fast**.we need to be oriented and prefocused,so as to come to ourselves that we may **find the way forward** before the world take the best of us.

Jesus Christ in todays gospel is telling us to **bring those burden,excess baggage** which are taking great toll in life to **off load to him**.He is inviting us to do that **here and now.come to me all you who work hard and those carrying heavy burden and I will refresh you(Mt.11:28)**.

What a wonderful relief to what you are undergoing here and now.The burden and issues in your heart and mind,the **sick relative you have left home,the surgery you are about to undergo,the divorce which has taken place,marrriage on rocks,broken relationship you are nursing,the young person taken to drugs,lack of job,school fees, death of a dear one you have not yet come into terms with.**

The answer today we are given in black and white **take it to the Lord in prayer**.He is assuring you he will give you **comfort,peace and trust**. He is inviting us to learn from him that he is **gentle and humble and you will find rest for your souls**.Dont we all need this rest indeed after all the pressure,worries,problems and stress we are facing in the society and the world? The same world we live is creating

stimulations,anxieties,artificial excitements and all these are leading us away from the realities of life thus making us restless in life.
Like St.Augustine ***our souls are restless until they find rest in you.***

We need to have that oasis which can only be found in prayer and it is in prayer that we meet the humble and gentle Lord who will always welcome us with **Love and compassion** inspite of our **human failings**.Let us be humble and gentle to our brethren especially those who are **prone and vulnerable due to life situations**.we must not project our **unfinished business, anger and frustrations** to others,we must take all these to the Lord in prayer.He will **lighten our burden,carry us when we are weak,calm us when we are troubled, strengthen us when we are afraid.**

LETS TAKE ALL TO HIM IN PRAYER: