

XIV Sunday in Ordinary Time: Comfort the Afflicted

“Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.” (Mt 11: 28-30)

Jesus often spoke to His disciples of the difficulties that entailed following Him. He warned them repeatedly that being His disciple meant following a difficult and even dangerous path. This way, He showed a behavior contrary to that of politicians, who promise all sorts of happiness and solutions to those who vote for them.

On this occasion, however, the Lord wants to make it clear that to follow Him is also to find comfort and help, even in the midst of difficulties and the necessary “carrying His yoke.” We know this is true and that no one consoles us as Christ does because only He can penetrate to the depths of our heart and give us a different kind of help. Often, the help that the Lord offers us is not what we would like to have – taking away our problems by a miracle, for example – but rather that of accompanying us in our struggles and giving us the strength to face our problems and solve them, or at least, that we may be happy in any circumstance. That is why Jesus says that the “yoke” remains, even though it becomes “light” thanks to Him.

Jesus carries this out directly through prayer and the Eucharist. But He also wants to do so through mediators, that is, through His disciples and through us. Imitating Christ and imitating the Blessed Virgin Mary by becoming “comfort of the afflicted” is a great project of life. Let’s give others the comfort that we have received. Let’s be for them channels that bring them closer and lead to the only one capable of alleviating all their pain.

Purpose: First, receive the comfort you need in prayer and in the Eucharist. Secondly, discover where there are people who suffer. Then, become their comfort in the name of Christ.