

JULY 5, 2020
Sunday of the 14th Week in OT
Matthew 11: 25-30

“I AM GENTLE AND HUMBLE IN HEART.”

I read a story in one of my friend’s short story blog: “One hot afternoon on a beach, people noticed a young girl drowning. They quickly rescued her. The little girl was unconscious. An old man from a nearby cottage hurriedly reached for the girl laid down on the seashore. As the old man was about to hold the girl, a furious guy warned the people surrounding the girl to step aside, including the old man. “I was trained to do CPR. Stay out of this! Let me do it!” the guy exclaimed. The old man stood up and stepped behind the guy and watched quietly while the latter was performing CPR for the girl. After almost a minute, the little girl regained consciousness. The people around them felt relieved and began applauding the guy. The old man, who looks very happy, gratefully congratulated the guy as well. After two hours, however, the guy who saved the girl suddenly felt too much fatigue, experienced difficulty in breathing and became unconscious. A few minutes later, he woke up in an ambulance rushing him to the nearest hospital. Beside him was the old man he saw earlier at the beach now checking his pulse rate. The old man did the CPR on him while he was unconscious. This time he learned that the old man is a doctor. “Why didn’t you tell me you’re a doctor?” he asked. The doctor just smiled and answered: “It doesn’t matter to me whether you call me a doctor or not. A precious life is in danger. I became a doctor, not for fame, but to save lives. We had the same goal, and that was to save the girl. Nothing can surpass the feeling that you have just saved another life. There’s a lot of things to be protected other than our ego.” The teary-eyed man humbly said: “Well, you have just saved two more lives today.”¹

Today’s gospel is teaching us about humility and simplicity. A simple heart is like children who see purely and simply without any lie, pretense or falsehood. They recognize their dependence and rely on others especially to those whom they considered model, good example to imitate in living a healthy and mature life. They grow in wisdom and develop positive values

¹ <https://growteach.wordpress.com/short-story-about-humility/>

because they are willing to be taught and be formed. They are open to learn and compliant in following others. "The attitude of child-like receptivity and obedience to God's will is the key to entering God's reign (Mt 18:3). Jesus demonstrated this by His own relationship with His Father. The Father handed over everything to the Son who received it with a humble heart. In turn, the Son shared His knowledge of God with those who accepted His teaching with simple faith. Jesus gratefully praised God for having revealed the mysteries of the kingdom to the lowly ones."²

Humility is the queen of virtues; it forgets oneself for the sake of others in order to serve and to love. Those who are humble of heart are those who are freest of all wherein they emptied themselves of vanity and self-concern to focus on the welfare of others. And Jesus Christ is our top model for this as described in the gospel of Matthew: "and whoever wishes to be first among you must be your slave; just as the Son of Man came not to be served but to serve, and to give His life a ransom for many."³ And in today's gospel He said: "Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."⁴ His yoke is offered to us to lessen our burdens and difficulties because His load is light. "There's a story of a man who once met a boy carrying a smaller crippled lad on his back. "That's a heavy load you are carrying there," exclaimed the man. "He is not heavy; he's my brother!" responded the boy. No burden is too heavy when it's given in love and carried in love. Jesus offers us a new kingdom of righteousness, peace, and joy. In his kingdom sins are not only forgiven but removed, and eternal life is poured out for all its citizens."⁵ What an assurance from the Lord: the Master willing to give His all for us, carry our heavy burdens and giving us rest! My brothers and sisters, what are we waiting for, let us come to Him!

Let this be our prayer: "Lord Jesus Christ, make me humble and have a child-like simplicity and purity of faith to look upon You with delight and confidence. Remove any doubt, anxiety, fear, and proud thought which would hinder me from receiving You with faith, trust and humble submission. Amen."

² www.frnick.com/together_with_god_s_word

³ Matthew 20: 27-28 NRSV Catholic Bible Press USA

⁴ Matthew 11: 29-30 NRSV Catholic Bible Press USA

⁵ <http://dailyscripture.servantsoftheword.org>