**I am gentle and humble of Heart**

**Year A  -  14th Sunday in ordinary time**

**I am gentle and humble of Heart**

**Matthew 11:25-30**

25 At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants;
26 yes, Father, for such was your gracious will.
27 All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.
28 "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest.
29 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.
30 For my yoke is easy, and my burden is light." (NRSV)

**Inspiration of the Holy Spirit - From the Sacred Heart of Jesus**

My wisdom is not to be wasted in the minds of the proud. It is a very delicate, yet powerful gift that I give to the humble, yes to the little ones of my kingdom.

Who can be little but the wise man that follows the words of John the Baptist,“ I must decrease so that the Lord may increase.” And how can you decrease unless you empty yourself of your self-love and your egoism?
I am here to teach you my child. What really matters is not what you think of yourself, but what I think of you.
Your self-opinion is full of pride and arrogance, because you always think of yourself as being better than others. In the spiritual life, no one must claim credit for anything at all. If you really give yourself to me, it will not be you yourself acting and working in my kingdom, it will be I myself acting through you and directing your life and your work for the Glory of God. Therefore you will be deprived of your credit since all credit must be given to the one guiding you. However this is the part that humbles you and makes you little, when you can give all the power, the honour and the glory to the Lord your God and when you deprive yourself of honour and material rewards here, to start making your treasure in heaven.
In order to know me, you must know yourself first. You must understand that you are a sinner and depend totally on my mercy and grace. You must descend into your nothingness in order to perceive the heights of my being. You must see very clearly your own darkness in order to be able to see my light. You must become a nothing so that I can make you something, because when you think you are something I think of you as a nothing.
The spiritual life is like when you are climbing a ladder, the higher you are, the more dangerous will be your fall, and unless you remain humble and let me help you to ascend, you will always remain down.

Come to me accepting that you are heavily burdened, this way I can help you and give you rest. Do not be over confident about yourself; choose to work for your salvation with fear and trembling as Saint Paul advises you.
Salvation is not something that you can accomplish by yourself; it is my work for you. So come humbly before me your Lord and Saviour, let me work in your life, let me take you by the hand and guide you, let me be your company, until you find your self in my eternal presence.

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