



Ordinary Time

Lectionary reflections for 5th July - Pentecost 6

Genesis 24:34-38; Psalm 45:10-17; Romans 7:15-25a;
Matthew 11:16-19, 25-30

As the grey weariness
of winter starts
to settle within us,
July's readings call us
gently into the
kin(g)dom life of
sharing burdens,
cultivating "good"
ground, practising
neighbourly care, and
trusting in God's slow
and subtle
transformation.

**JULY:
GROUNDING**

Duty and desire are entangled as Isaac's servant goes off in search of a bride worthy of "The Great Family's" expectations and legacy. Isaac ends up marrying kind Rebekah and "in his love for her ... was consoled for the loss of his mother." The royal wedding song of Psalm 45 is an appropriate celebration of love that endures from generation to generation.

Yet, Romans 7 names the real condition of the divided heart in which human desire for good is constantly overcome by entrenched patterns of the past. Many communities carry crushing yokes because of past practices that span generations—under-age marriages, family violence kept secret, racism normalised as "just how things are," and religious shame that teaches the vulnerable to endure what God never asked of them.

Jesus' commentary on "an easy yoke" is an exposure of the weight that is loaded onto the weary and an invitation to his disciples to disrupt this past through humility, gentleness and rest.

PrayerPoem

Jesus of the easy yoke,
Friend of the worn-out and over-managed,
come close to our frantic lives.
We are tired:
tired in the bones,
tired in the heart,
tired of carrying what was never ours to carry.
Some of us live inside a knot:
wanting the good,
doing the thing we hate,
trapped in old grooves.
Have mercy on our divided selves.
Teach us your apprenticeship:
not a spiritual performance
but a way of living that breathes.
Give us rest that re-makes us
so our bodies learn kindness again and our
schedules learn Sabbath.
Unfasten the yokes laid on your people -
the burdens of shame,
the grind of scarcity,
the weight of racism and contempt,
the religious rules that bruise.
Make us a community that shares the load:
hands under the heavy things,
meals for the hungry,
truth spoken with tenderness.
Let our worship become relief for the world, and our
gentleness become strength.
We come to you. Teach us.

