

**GOSPEL PEARLS**

## Tired and downtrodden

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*At that time Jesus declared, "I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; yes, Father, for such was your gracious will. 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. Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is*

*easy, and my burden is light.” (Matthew 11: 25-30)*

To be lowly, that is, poor in spirit and submissive to the will of God, we must be aware of our limitations. Therefore, the poor in spirit, being certain of having God's collaborative help, meekly accept the crosses they receive. St. Catherine of Siena, patron saint of Italy with St Francis, was aware of her limitations and was, therefore, honoured to be betrothed to Christ. She willingly accepted all humiliations she was subjected to. Let us sincerely entrust ourselves to God's reassuring embrace whenever we feel tired and downtrodden.