



## 16<sup>th</sup> Sunday of Ordinary Time

Jeremiah 23:1-6  
Psalm 23:1-6  
Ephesians 2:13-18  
Mark 6:30-34

### Monday July 20

Exodus 14:5-18  
Ex 15:1-6  
Matt 12:38-42

### Tuesday July 21

Ex 14:21--15:1  
Ex 15:(1b)8-10,12,17  
Matt 12:46-50

### Wednesday July 22 St. Mary Magdalene

Ex 16:1-5, 9-15  
Ps 78:18-19,23-28  
John 20:1-2, 11-18

### Thursday July 23

Ex 19:1-2, 9-11,16-20b  
Daniel 3:52-56  
Matt 13:10-17

### Friday July 24

Ex 20:1-17  
Ps 19:8-11  
Matt 13:18-23

### Saturday July 25

#### Saint James

2 Cor 4:7-15  
Ps 126:1bc-6  
Matt 20:20-28

Everyone in ministry feels overwhelmed by their calling from time to time. Whether it's the ministry of raising children, or caring for an ill spouse or elderly parent, or working a job in a way that reveals Christ, or a possibility of a church or the presence of the ordained, it's important to take time out for rest and recuperation. Jesus says so in today's Gospel reading.

If we don't obey this commandment, we become cranky. We make selfish or poor decisions. We become like the evil-doing shepherds of the first reading, who misled and scattered those they were called to serve.

The reason why it's so easy to become unlike Christ while doing the ministry of Christ is that we cannot give

what we do not have. It takes energy to reveal God's love. It takes energy to remain enthusiastic in our service to God's kingdom. But how can we get recharged with new energy if we don't take time to sit still, rest, and pray?

How can we care about others when we don't take good care of ourselves? Jesus lives within us, but before we can give him to others, we must first let him minister to us.

Daily we encounter people who are like sheep without a shepherd; they are seeking Jesus whether they realize it or not. They want the unconditional love that he has to give. They want the healing and peace that comes only from him. He wants to help them, but if we who are his hands and feet and voice are too weak and worn out from our hardships, what then?

If we're insufficiently healed from our wounds, if we're missing the peace of Christ, how can we be peaceful shepherds who lead others to his healing power? We need to go to a deserted place with Jesus and rest awhile in his nourishing love.



### Reflect & Discuss:

1. What work of the Lord has become unhappy for you? What stole your joy?
2. How can you get it back? (You might need a spiritual director to help you figure this out.)
3. What needs of yours must be met before you can feel enthusiastic about ministry? What will you do this week to let Jesus meet these needs?
4. Why do people neglect to give themselves enough time for rest and restoration?
5. What do you do to recharge your energy so that you can minister to others? What's been most helpful in restoring your Christian enthusiasm?