



The Holy See

POPE FRANCIS

ANGELUS

St. Peter's Square

Sunday, 6 July 2014

[Video](#)

Dear Brothers and Sisters, Good morning!

In this Sunday's Gospel, we find Jesus' invitation: "Come to me, all who labour and are heavy laden, and I will give you rest" (Mt 11:28). When Jesus says this, he has before him the people he meets every day on the streets of Galilee: very many simple people, the poor, the sick, sinners, those who are marginalized.... These people always followed him to hear his word — a word that gave hope! Jesus' words always give hope! — and even just to touch a hem of his garment. Jesus himself sought out these tired, worn out crowds like sheep without a shepherd (cf. Mt 9:35-36), and he sought them out to proclaim to them the Kingdom of God and to heal many of them in body and spirit. Now he calls them all to himself: "Come to me", and he promises them relief and rest.

This invitation of Jesus reaches to our day, and extends to the many brothers and sisters oppressed by life's precarious conditions, by existential and difficult situations and at times lacking valid points of reference. In the poorest countries, but also on the outskirts of the richest countries, there are so many weary people, worn out under the unbearable weight of neglect and indifference. Indifference: human indifference causes the needy so much pain! And worse, the indifference of Christians! On the fringes of society so many men and women are tried by indigence, but also by dissatisfaction with life and by frustration. So many are forced to emigrate from their homeland, risking their lives. Many more, every day, carry the weight of an economic system that exploits human beings, imposing on them an unbearable "yoke", which the few privileged do not want to bear. To each of these children of the Father in heaven, Jesus repeats:

“Come to me, all of you”. But he also says it to those who have everything, but whose heart is empty and without God. Even to them, Jesus addresses this invitation: “Come to me”. Jesus’ invitation is for everyone. But especially for those who suffer the most.

Jesus promises to give rest to everyone, but he also gives us an invitation, which is like a commandment: “Take my yoke upon you, and learn from me; for I am gentle and lowly in heart” (Mt 11:29). The “yoke” of the Lord consists in taking on the burden of others with fraternal love. Once Christ’s comfort and rest is received, we are called in turn to become rest and comfort for our brothers and sisters, with a docile and humble attitude, in imitation of the Teacher. Docility and humility of heart help us not only to take on the burden of others, but also to keep our personal views, our judgments, our criticism or our indifference from weighing on them.

Let us invoke Mary Most Holy, who welcomes under her mantle all the tired and worn out people, so that through an enlightened faith, witnessed in life, we can offer relief for so many in need of help, of tenderness, of hope.

After the Angelus:

Dear brothers and sisters, I cordially greet all of you, Romans and pilgrims!

I would like to specially and warmly greet the good people of Molise, who welcomed me yesterday in their beautiful land and also in their heart. It was a warm, hearty welcome: I will never forget it! Thank you very much.

Please, don’t forget to pray for me: I pray for you too.

To all I wish a happy Sunday. Have a good lunch. *Arrivederci!*