



Sunday the 5th of July 2026, Fourteenth Sunday in Ordinary Time, Year A

Our Lady of Perpetual Help Parish **Children's Bulletin**

Jesus invites us to come to Him

In the Gospel today (Matthew 11:25-30), Jesus thanks God because ordinary people with open hearts are able to understand His message. It is not just a message for the important or educated people. It is a message for everyone. He warns us that sometimes people who think they know everything can miss what God is trying to teach them. God wants us all to come to Him with humble, trusting hearts, like children who are ready to listen and to learn.

Then Jesus says something very special. He recognises that everyone carries heavy things sometimes, like worries, fears, sadness, loneliness, arguments, problems, pressure or feeling unworthy. Jesus tells us to come to Him when we feel that way. He doesn't promise that life will be easy. But He does promise to help us carry those burdens. He wants us to bring them to Him through prayer, by trusting Him, and by staying close to Him in the Church, especially through the Eucharist and the Sacrament of Reconciliation.



What Jesus has to say in the Gospel today is just as important today as it was two thousand years ago.

- When you feel worried, you can ask God to help you.
- When you feel left out or someone is unkind, you can remember that God is always with you.
- When you make a mistake, God is always ready to forgive you if you are truly sorry.
- When someone else is carrying a heavy burden, you can help lighten it by being kind, listening, including them, or standing up for them.



Think about it

- What worries or burdens are weighing you down right now?
- Have you asked God to help you with them?
- Is there someone whose burden you can make a little lighter this week?

This week's prayer

Dear God. Thank you for loving me and always being with me. When I feel worried, scared or tired, help me to remember that I can come to You. Teach me to trust You, to learn from You, and to be gentle and kind to everyone I meet. Help me to notice when someone else needs a friend or a little help and give me the courage to step in. Amen.