

## Year 14 A - July 5, 2020

A man went for his annual physical. The doctor gave him a very thorough examination. The doctor asked if he wanted his wife present when the doctor gave him the results of the physical. The husband agreed to have his wife present. The doctor began giving the results, but no sooner had he started trying to give the results that the woman started chatting about her ailments, her mother's ailments, their children's difficulties, and those of her neighbors. The doctor was able to squeeze in a word every now and then to describe the husband's physical condition which was really quite good overall. When he was done, he asked to meet with the wife privately. In this private meeting, the doctor said to the woman, "your husband needs some rest, relaxation, and peace. Here are some sleeping pills." The wife asked: "When should I give them to him?" The doctor responded: "The sleeping pills are not for your husband. They are for you."

Our gospel this weekend is very interesting. Jesus declares and invites people to come to him for rest and relaxation. The husband in today's story is carrying the burden of a noisy partner. In life, all of us have burdens in one shape or form. Jesus' invitation is to put them to one side and take on his way of life, a task that is easy and a burden that is light.

You know we are always looking for something in life. In a way, God made us with a happiness hole in our hearts, a hole that can be filled only with God. Money, fame, and power cannot fill this hole, only God himself can fill it.

That is why in the first part of the gospel Jesus can say: "Father, Lord of heaven and earth! I thank you because you have shown to the unlearned what you have hidden from the wise and learned." Jesus here refers to the secret to happiness. That secret is not found on some mountain peak, in the ground, in the sky, or even on the Internet. It lies inside each one of us in the human heart, and specifically in that happiness hole that I just referred to.

So, happiness is found in the human heart filled with God. That happiness is precisely God himself, the one to whom we turn over all cares and concerns. We trade them in, so to speak, for the yolk of Jesus.

In a way, God made the human heart restless, restless until we find God. Our hearts will become more restless when we try to fill our happiness hole with something other than God.

This weekend, we celebrate as a nation our freedom, an extraordinary freedom. Unfortunately, as a country, we sometimes try to replace our “happiness hole” without including God. We were founded as a God-believing nation, but some would have us try to forget the God of our foundation and place God with mere mortals. Again, it was St. Augustine said it plainly: “Our hearts are restless until they rest in you.” That applies to each individual, but, I believe, applies to our country.

This weekend we find rest and relaxation in our celebrations. May we remember as individuals and as a nation that we will not find true rest and relaxation until we rest in God.