

Let us pray:

Pope Leo's Prayer for the Intercession of St Francis:

Saint Francis, our brother,
you who eight hundred years ago
went to meet Sister Death as a man at peace,
intercede for us before the Lord.

You recognized true peace in the Crucifix of San
Damiano; teach us to seek in Him the source of all
reconciliation that breaks down every wall.

You who, unarmed, crossed the lines of war
and misunderstanding, give us the courage to build
bridges where the world raises up boundaries.

In this time afflicted by conflict and division,
intercede for us so that we may become peacemakers:
unarmed and disarming witnesses of the peace that
comes from Christ.

Amen.



Celebration of the Word.



*While you are proclaiming peace with your lips,
be careful to have it even more fully in your
heart.*

St. Francis of Assisi

Come to Me, and I Will Give You Rest

Jesus praises the Father for revealing truth to the humble and invites all who are weary to find rest in him. He offers gentle guidance, promising that his burden is light and leads to peace

A Reading Matthew's Gospel.

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 labour 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."

The Gospel of the Lord

Praise to you, Lord Jesus Christ (All)

(Matthew 11:25-30)



The figure of Saint Francis is particularly valuable in the context of spiritual fatigue. He does not propose "more practices," but ***simplicity and authenticity***: a return to personal reading of the Gospel, joy in small things, a faith lived in relationships, not only in events.

The year dedicated to Saint Francis can be an invitation to simplify prayer by deepening it, rather than multiplying it; to live the Gospel concretely rather than merely talking about it.

"This Year of Saint Francis should encourage all of us, each according to his or her own possibilities, to imitate the Poor Man of Assisi."

What message does the life of Saint Francis offer to us today?