

# BRINGING HOME THE GOSPEL

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July 21, 2024 • 16th Sunday in Ordinary Time • Mark 6:30-34

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## I Will Give You Rest

*The apostles return from their first missionary outing, and report to Jesus all they had done and taught. Jesus is very clear about what they are to do next. He sends them away to rest and recuperate. They went off by themselves in a boat.*

**I** like this reading. Jesus delivers an important message for all moms and dads, especially those of us who are overcommitted, overresponsible and overstressed. If we are to respond in love to the people around us rather than react out of impatience, frustration or just plain exhaustion, we need to get away once in a while. Parents need to be alone and rest, even from each other.

Married couples need to give each other the gift of time, time alone to squander with a good book, a long walk or a respite in the garden. Consider giving each other a yearly weekend off to go on retreat to regroup and reenergize. Finally, make sure you spend some time together without the youngsters.

Sometimes we get so wrapped up in being mom or dad or wage earner that we forget we are part of a couple. Parents need to treat their relationship like precious silver—forgotten, it will tarnish, but if you spend just a little time caring for it, you have a treasure that the whole family will benefit from.

Get away once in a while. Go out for coffee. Take a walk, or have a Taco Bell–catered dinner when the kids are in bed. If you want your marriage to work, you have to take the time to work on it.

Time is precious. Like Jesus and the apostles, you know the crowds will eventually find you again.

### FAMILY RESPONSE

Discuss everyone's favorite way to quietly relax.

### PERSONAL RESPONSE

When was the last time you spent some quality time with God? What would you talk to God about? What do you want to remember from last week? What are you looking forward to next week? What are your concerns?