

Dear brothers and sisters in Christ,

Today, the readings invite us to reflect on the value of rest and the need to find balance in our lives. In Deuteronomy, we are reminded of the commandment to keep the Sabbath and maintain a day of rest: "Observe the Sabbath day by keeping it holy, as the Lord your God has commanded you" (Dt 5:12). This commandment is a call to recognize the importance of stopping, resting, and remembering that we are not machines but human beings created in the image of God.

In contemporary Western society, we are increasingly immersed in a culture of incessant work and constant pressure to be productive. This lifestyle leads to burnout, a condition of physical and emotional exhaustion that affects millions of people. The apostle Paul, in his second letter to the Corinthians, reminds us that "we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us" (2 Cor 4:7). Our strengths are limited, and recognizing our frailties is essential to finding balance.

In the Gospel of Mark, Jesus teaches us that the Sabbath was made for man, not man for the Sabbath (Mk 2:27). He challenges the rigid and legalistic interpretation of the laws, showing that compassion and human well-being must come above any norm. This teaching of Jesus is a call for us to prioritize our health and well-being and to care for one another.

Beyond the issue of overwork, we face other challenges in the modern world. Migration is an increasing reality, with millions of people seeking refuge and a better life in other countries. Our faith calls us to welcome the stranger and treat everyone with dignity and respect. The letter to the Hebrews reminds us: "Do not forget to show hospitality to strangers, for by so doing some people have shown hospitality to angels without knowing it" (Heb 13:2). May we see Christ in every migrant and offer our support and welcome.

Another current challenge is the rise of political extremisms, which divide our societies and spread hatred and intolerance. As Christians, we are called to be peacemakers and to promote dialogue and mutual understanding. Jesus taught us to love our enemies and pray for those who persecute us (Mt 5:44). May we be instruments of peace in a world so in need of reconciliation.

Dear brothers and sisters, may this celebration inspire us to find time to rest and recharge our strengths, remembering that we are beloved children of God. May we welcome strangers with love and compassion and work for peace and unity in our communities. May the Holy Spirit guide and strengthen us on this journey.