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The Pope's words at the Angelus prayer

At midday today the Holy Father Francis appeared at the window of his study in the Vatican Apostolic Palace to pray the Angelus with the faithful and pilgrims gathered in Saint Peter's Square.

The following is the Pope's introduction to the Marian prayer:

Before the Angelus

Dear brothers and sisters, good day!

This Sunday's Gospel reading (see *Mt* 11:25-30) is divided into three parts: first of all, Jesus raises a prayer of blessing and thanksgiving to the Father, because He revealed to the poor and to the simple the mystery of the Kingdom of heaven; then He reveals the intimate and unique relationship between Himself and the Father; and finally He invites us to go to Him and to follow Him to find solace.

In the first place, Jesus praises the Father, because He has kept the secrets of His Kingdom, of His truth, hidden from "from the wise and the learned" (v. 25). He calls them so with a veil of irony, because they presume to be wise, learned, and therefore have a closed heart, very often. True wisdom comes also from the heart, it is not only a matter of understanding ideas: true wisdom also enters into the heart. And if you know many things but have a closed heart, you are not wise. Jesus says that the mysteries of His Father are revealed to the "little ones", to those who confidently open themselves to His Word of salvation, who open their heart to the Word of salvation, who feel the need for Him and expect everything from Him. The heart that is open and trustful towards the Lord.

Then, Jesus explains that He has received everything from the Father, and He calls Him "my Father", to affirm the unique nature of His relationship with Him. Indeed, there is total reciprocity only between the Son and the Father: each one knows the other, each one lives in the other. But this unique communion is like a flower that unfurls, to reveal freely its beauty and its goodness. And here, then, is Jesus's invitation: "Come to me..." (v. 28).

He wishes to give what He receives from the Father. He wants to give us the Truth, and Jesus' Truth is always free: it is a gift, it is the Holy Spirit, the Truth.

Just as the Father has a preference for the "little ones", Jesus also addresses those "who labour and are burdened". Indeed, He places Himself among them, because He is "meek and humble of heart" (v. 29): this is how He describes Himself. It is the same in the first and third Beatitudes, that of the humble and poor in spirit, and that of the meek (see *Mt* 5:35): the meekness of Jesus. In this way Jesus, "meek and humble", is not a model for the resigned, nor is He simply a victim, but rather He is the Man Who lives this condition "from the heart" in full transparency to the love of the Father, that is, to the Holy Spirit. He is the model of the "poor in spirit" and of all the other "blesseds" of the Gospel, who do the will of God and bear witness to His Kingdom.

And then, Jesus says that if we go to Him, we will find refreshment. The "refreshment" that Christ offers to the weary and oppressed is not merely psychological solace or a lavish handout, but the joy of the poor who are evangelised and are builders of the new humanity: this is solace. Joy. The joy that Jesus gives us. It is unique. It is the joy that He Himself has. It is a message for all of us, for all people of good will, which Jesus still conveys today in the world that exalts those who become rich and powerful ... But how many times do we say, "Ah, I would like to be like him, like her, who are rich, have a lot of power, lack nothing...". The world exalts those who are rich and powerful, no matter by what means, and at times tramples upon the human being and his or her dignity. And we see this every day, the poor who are trampled underfoot... And it is a message for the Church, called to live works of mercy and to evangelise the poor, to be meek and humble. This is how the Lord wants His Church, that is, us, to be.

May Mary, the humblest and highest of creatures, implore from God wisdom of the heart for us - the wisdom of the heart - that we may discern its signs in our lives and be sharers in those mysteries which, hidden from the proud, are revealed to the humble.

After the Angelus

Dear brothers and sisters This week the United Nations Security Council adopted a Resolution which proposes some measures to deal with the devastating consequences of the Covid-19 virus, particularly for areas in conflict zones. The request for a global and immediate ceasefire, which would allow that peace and security necessary to provide the needed humanitarian assistance is commendable. I hope that this decision will be implemented effectively and promptly for the good of the many people who are suffering. May this Security Council Resolution become a courageous first step towards a peaceful future.

I warmly greet all of you from Rome and pilgrims from various countries. I greet the Poles in particular: welcome!, and I bless the large pilgrimage of the Radio Maria family to the Shrine of Częstochowa, which will take place next Saturday, during the centenary of the birth of St. John Paul II, whose motto was "I am all yours, Mary". A blessing to that pilgrimage.

And I wish everyone a blessed Sunday. Please, do not forget to pray for me. Enjoy your lunch, and *arrivederci!*
