

Sunday (June 21): "Fear not - you are of more value than many sparrows"

First Reading: Jeremiah 20:10-13

I hear many whispering,
"Terror on every side!
Denounce him! Let's denounce him!"
All my friends
are waiting for me to slip, saying,
"Perhaps he will be deceived;
then we will prevail over him
and take our revenge on him."

But the Lord is with me like a mighty warrior;
so my persecutors will stumble and not
prevail.
They will fail and be thoroughly disgraced;
their dishonour will never be forgotten

Lord Almighty, you who examine the
righteous
and probe the heart and mind,
let me see your vengeance on them,
for to you I have committed my cause.

Sing to the Lord!
Give praise to the Lord!
He rescues the life of the needy
from the hands of the wicked.

Psalm 69:7-10, 13, 16-17, 32-34

Response: Hide not your face from your
servant; for I am in distress

For it is for your sake that I have borne
reproach, that shame has covered my face.
I have become a stranger to my brethren, an
alien to my mother's sons. **R**

For zeal for your house has consumed me, and
the insults of those who insult you have fallen
on me. When I humbled my soul with fasting,
it became my reproach. **R**

But as for me, my prayer is to you, O LORD.
At an acceptable time, O God, in the
abundance of your mercy answer me. With
your faithful help. **R**

Answer me, O LORD, for your merciful love
is good; according to your abundant
compassion, turn to me. **R**

Hide not your face from your servant; for I am
in distress, make haste to answer me.

Let the oppressed see it and be glad; you who
seek God, let your hearts revive. **R**

For the LORD hears the needy, and does not
despise his own that are in bonds.
Let heaven and earth praise him, the seas and
everything that moves therein. **R**

Gospel Reading: Matthew 10:26-33

"So have no fear of them; for nothing is
covered that will not be revealed, or hidden
that will not be known. What I tell you in the
dark, utter in the light; and what you hear
whispered, proclaim upon the housetops. And
do not fear those who kill the body but cannot
kill the soul; rather fear him who can destroy
both soul and body in hell.



Are not two sparrows sold
for a penny? And not one
of them will fall to the
ground without your
Father's will. But even the
hairs of your head are all
numbered. Fear not,
therefore; you are of more

value than many sparrows. So everyone who
acknowledges me before men, I also will
acknowledge before my Father who is in
heaven; but whoever denies me before men, I
also will deny before my Father who is in
heaven.

Meditation: What does fear have to do with
the kingdom of God? Fear is a powerful force.
It can lead us to panic and flight or it can spur
us to faith and action. The fear of God is the
antidote to the fear of losing one's life. *I sought
the Lord, and he answered me, and delivered
me from all my fears. O fear the Lord, you his
saints, for those who fear him have no
want! Come, O sons, listen to me, I will teach
you the fear of the Lord.* (Psalm 34:4,9,11)

Reflection: *Proclaim boldly what no earthly
power can destroy - the cross and
resurrection of Jesus Christ.*

Sunday (June 28): "He who loves father and mother more than me is not worthy of me"

First Reading: Second Book of Kings 4:8-11, 14-16.

One day Elisha went to Shunem, where a rich woman lived. She invited him to a meal, and from then on every time he went to Shunem he would have his meals at her house. She said to her husband, "I am sure that this man who comes here so often is a holy man. Let's build a small room on the roof, put a bed, a table, a chair, and a lamp in it, and he can stay there whenever he visits us."

One day Elisha returned to Shunem and went up to his room to rest. Elisha asked Gehazi, "What can I do for her then?" He answered, "Well, she has no son, and her husband is an old man."

"Tell her to come here," Elisha ordered. She came and stood in the doorway, and Elisha said to her, "By this time next year you will be holding a son in your arms."

Psalm 89:2-3,16-19

Response: For your steadfast love was established for ever, your faithfulness is firm as the heavens.

For your steadfast love was established for ever, your faithfulness is firm as the heavens. You have said, "I have made a covenant with my chosen one. **R**

I have sworn to David my servant: who exult in your name all the day, and extol your righteousness. **R**

For you are the glory of their strength; by your favour our horn is exalted. For our shield belongs to the LORD, our king to the Holy One of Israel. **R**

Of old you did speak in a vision to your faithful one, and say: "I have set the crown upon one who is mighty, I have exalted one chosen from the people. **R**

Scripture: Matthew 10:37-42

He who loves father or mother more than me is not worthy of me; and he who loves son or daughter more than me is not



worthy of me; and he who does not take his cross and follow me is not worthy of me. He who finds his life

will lose it, and he who loses his life for my sake will find it. "He who receives you receives me, and he who receives me receives him who sent me. He who receives a prophet because he is a prophet shall receive a prophet's reward, and he who receives a righteous man because he is a righteous man shall receive a righteous man's reward. And whoever gives to one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he shall not lose his reward."

Meditation: Who or what takes first place in your life - in your daily thoughts, cares, and concerns? God has put us first in his thought, care, and concern for our well-being and future. God loved us first and our love for him is a response to his exceeding kindness and mercy towards us. Even while we were hopelessly adrift through our own sinful pride, rebellion and unbelief, he choose to give us his own beloved Son, the Lord Jesus Christ, who laid down his life for our sake - to set us free from slavery to sin, and death.

Reflection: *Proof of God's unfailing love for us. There is no greater proof of God's love for us than the free-will offering of his Son who shed his blood for us on the cross.*