

6th Sunday of Ordinary Time

Matthew 5:20–22a, 27–28, 33–34a, 37

‘It was said to those of old; but I say to you.’

At that time: Jesus said to his disciples, ‘I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

‘You have heard that it was said to those of old, “You shall not murder; and whoever murders will be liable to judgement.” But I say to you that everyone who is angry with his brother will be liable to judgement.

‘You have heard that it was said, “You shall not commit adultery.” But I say to you that everyone who looks at a woman with lustful intent has already committed adultery with her in his heart.

‘Again you have heard that it was said to those of old, “You shall not swear falsely, but shall perform to the Lord what you have sworn.” But I say to you: Do not take an oath at all. Let what you say be simply “Yes” or “No”; anything more than this comes from evil.’

Reflection

This Gospel is challenging because Jesus goes beyond rules and appearances. “You have heard it said... but I say to you.” He asks us to look at what’s happening in our hearts, not just our actions.

As Vincentians, this really matters. We can do the right things on the outside, but still carry anger, judgement, or a lack of honesty within. Jesus reminds us that love starts inside us – in how we think about others, how we speak, and how truthful we are.

St Vincent de Paul knew that real charity is simple and sincere. Frederic Ozanam believed our faith had to be lived, not just talked about. And Rosalie Rendu showed that respect and kindness come from seeing Christ in each person.

Jesus calls us to be people of integrity: let our “yes” mean yes, and let our love be genuine. When we keep our hearts open and honest, we make space for God’s Kingdom to grow.



Activity

Sit quietly for a moment and think of a recent interaction where everything seemed “fine” on the surface.

Reflect on these questions:

- What was I feeling underneath?
- Did my inner attitude reflect patience and love?
- What might Jesus be gently asking me to change?

After a pause, silently offer that moment to God, asking for the grace to respond more lovingly next time.

Close with a short prayer:

“Lord, help us to notice what’s in our hearts, and to let your love shape our responses.”

Call to Action

This week, notice what’s in your heart. Ask yourself: ‘What might Jesus be gently asking me to change?’ Then take one small step to let your love, patience, or honesty show in your words and actions.

