

12th Sunday in Ordinary Time (Year A)



Matthew 10:26–33

‘Do not fear those who kill the body.’

At that time: Jesus instructed his Apostles: ‘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, say in the light, and what you hear whispered, proclaim on 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 apart from your Father knowing. 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.’

Reflection

“Do not fear” Jesus says to His disciples. A simple and easy message for us to understand, but perhaps not so easy to put into practice. We all have moments when we fear or worry, some people worry more than others. Jesus is encouraging His disciples and us too, to trust in Him. If we are worried or fearful, we can turn to Jesus and share with Him what is on our hearts and minds. He will help carry us through.

We are reminded too, that God knows us through and through, that He even knows the number of hairs on our head. He knows and loves us, we must come to know Him and love Him. As Vincentians, this reminds us that every person we meet is also known and loved by God, and so we are called to recognise their dignity, listen to their story, and share that same love through our actions.

Materials needed

- Pens
- Paper

Activity

Most of us can think of people who have inspired us in some way—people whose faith, kindness, courage, or example has made a difference in our lives. Bring to mind someone of strong faith. This could be a friend, family member, someone you have heard about, or perhaps a saint.

What is it about this person that inspires you? How do they live out their faith in everyday life? What qualities or habits could you learn from and bring into your own life of faith?

On a piece of paper, write down any questions you would like to ask this person, as well as anything you would like to thank them for or share with them. If this is someone you know, could you find an opportunity to speak with them and ask your questions? If it is a saint, spend a few moments in prayer, asking for their intercession and for the courage to grow in faith and trust in God.

Call to Action

Faith grows when it is lived. Think of someone whose faith inspires you and choose one thing they do that you could imitate this week. Whether it is praying regularly, showing kindness, speaking up for others, or serving those in need, take action and let your faith shine through what you do.

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