

June 21st 2026 12th Sunday Ordinary Time – Year A Matthew 10:26-33

¹⁰⁻²⁶“So do not be afraid of them, for there is nothing concealed that will not be disclosed, or hidden that will not be made known. ²⁷What I tell you in the dark, speak in the daylight; what is whispered in your ear, proclaim from the roofs. ²⁸Do not be afraid of those who kill the body but cannot kill the soul. Rather, be afraid of the One who can destroy both soul and body in hell. ²⁹Are not two sparrows sold for a penny? Yet not one of them will fall to the ground outside your Father’s care. ³⁰And even the very hairs of your head are all numbered. ³¹So don’t be afraid; you are worth more than many sparrows. ³²“Whoever acknowledges me before others, I will also acknowledge before my Father in heaven. ³³But whoever disowns me before others, I will disown before my Father in heaven.

➤ Read and re-read – out loud and slowly the Gospel.	➤ Pray - Thanksgiving – Repentance – Petition.
➤ Meditate - on reading as being spoken to you, an experience in your life.	➤ Action – Attitude (Call to change / to act /to do).

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This Sunday's gospel is full of hope as Jesus tells us "Do not be afraid", "everything that is now covered will be uncovered and everything that is now hidden will be made clear" and "Every hair on your head has been counted." We really need to hear these words of Jesus today more than ever as they can bring great consolation, peace and joy to us who believe in them.

Who are the people who have helped you to hear and believe these words of Jesus?

Prayer:

Thank You Lord for the Good News of the gospel and your message of hope to all of us if we but listen and believe.

Forgive us Lord for the times we may have covered up our wrong doings causing hurt and sorrow to others.

Help us Lord to bring the life giving message of today's gospel to all especially those who may have no hope or joy in their lives.