

June 28th 2026 13th Sunday Ordinary Time – Year A Matthew 10:37-42

¹⁰⁻³⁷“Anyone who loves their father or mother more than me is not worthy of me; anyone who loves their son or daughter more than me is not worthy of me. ³⁸Whoever does not take up their cross and follow me is not worthy of me. ³⁹Whoever finds their life will lose it, and whoever loses their life for my sake will find it. ⁴⁰“Anyone who welcomes you welcomes me, and anyone who welcomes me welcomes the one who sent me. ⁴¹Whoever welcomes a prophet as a prophet will receive a prophet’s reward, and whoever welcomes a righteous person as a righteous person will receive a righteous person’s reward. ⁴²And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward.”

<p>➤ Read and re-read – out loud and slowly the Gospel.</p> <p>➤ Meditate - on reading as being spoken to you, an experience in your life.</p>	<p>➤ Pray - Thanksgiving – Repentance – Petition.</p> <p>➤ Action – Attitude (Call to change / to act /to do).</p>
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In this Sunday's gospel Jesus invites us to follow in His footsteps. He only asks us to do what He has done in his life. He tells his disciples not to be afraid because he is always close to them as they go on their journeys bringing the good news to all of his people. He reminds us that as we go about our evangelising work we must go as "little ones" not being concerned at being treated with honour or respect but being thankful for even a cup of water. We must avoid at all costs a culture of elitism because we forget it is Jesus who is enabling us to go and bring his good news to people.

Are there times in our lives when we think we are more important than those who are calling out for our help and go about our work with an air of superiority?

Prayer:

Thank You Lord for the people of Wisdom you sent into our lives. As we welcomed them we were able to share their greatness and grow in wisdom and hope.

Forgive us Lord for the times we go about with a sense of superiority rather than humility and gratefulness to you for helping us on our journey.

Help us Lord to walk with all your people in a spirit of humility and love. Let us trust in your presence, to bring hope and new life to those in need especially in these times of darkness.