

**June 25<sup>th</sup> 2023 12<sup>th</sup> Sunday of Ordinary Time Year A – Matthew 10:26-33**

<sup>10:26</sup>'So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. <sup>27</sup>What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. <sup>28</sup>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. <sup>29</sup>Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. <sup>30</sup>And even the hairs of your head are all counted. <sup>31</sup>So do not be afraid; you are of more value than many sparrows. <sup>32</sup>'Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; <sup>33</sup>but whoever denies me before others, I also will deny before my Father in heaven.'

<ul style="list-style-type: none"> <li>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</li> <li>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</li> <li>➤ <b>Action</b> – Attitude (Call to change / to act /to do).</li> </ul>
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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..

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

