

**July 2<sup>nd</sup> 2023 13<sup>th</sup> Sunday of Ordinary Time – Year A – Matthew 10:37-42**

<sup>37</sup>Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; <sup>38</sup>and whoever does not take up the cross and follow me is not worthy of me. <sup>39</sup>Those who find their life will lose it, and those who lose their life for my sake will find it.

<sup>40</sup>‘Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. <sup>41</sup>Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; <sup>42</sup>and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.’

<p>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</p> <p>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life</p>	<p>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition</p> <p>➤ <b>Action</b> – 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.

