

**Reading 1:** Jeremiah 20: 10-13**Responsorial Psalm:**

Psalm 69: 8-10, 14, 17 33-35

**Reading 2:** Roman 5: 12-15**Gospel:**Matthew 10: 26-33

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**Gospel Reading:** *Matthew 10: 26-33*

Jesus said to the Twelve: "Fear no one. Nothing is concealed that will not be revealed, nor secret that will not be known. What I say to you in the darkness, speak in the light; what you hear whispered, proclaim on the housetops. And do 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 Gehenna. Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge. Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows. Everyone who acknowledges me before others I will acknowledge before my heavenly Father. But whoever denies me before others, I will deny before my heavenly Father."

**Reflection:**

In the preface to his book "Let Go of Fear", Carlos Valles shares how on a leisurely bicycle ride in a lonely country side road he is stopped by an unusual sight. In the low grass is a cobra, half coiled, half erect, with his hood spread out and its tongue flickering danger. On a branch of a nearby bush is perched a little bird paralyzed with fear. The bird has wings, but is unable to fly. It has a larynx, but is unable to sing. It is frozen, stiff, mesmerized. Fear holds the bird. Though the vast expanse of the sky is open to it, the prey cannot escape.

Fear haunts all of us. We worry about persons, events, things. We fret over job and possessions, health of body and spirit, welfare and security of loved ones. We are afraid of the varied dangers that threaten our life and disturb our peace of mind. These concerns explain our fanatic efforts and frazzled nerves; they visit as nightmares in our troubled sleep.

In the Gospel, Jesus tells the Apostles there is nothing concealed that will not be revealed, and no secret that will not be known. The message that they have listened attentively and received from him they are to speak with boldness.

Jesus also says that the disciples need not fear the things or people who can hurt superficially but cannot harm the spirit. No bodily harm human being can inflict approximate the real death that only separation from God brings.

Finally, Jesus assures the Apostle that they have no reason to be afraid of anything because they are in God's hands. The heavenly Father's loving care extend not only to big things like armies in battle, but also to intimate little details like the life of a sparrow. If God attends to sparrows, an entire flock of which is nowhere near the worth of a human being, how much more does he look after the disciples whose every hair is numbered.

How comforting it is to know that God's providential care for us is always there, even in the smallest details of our lives. Our concerns and preoccupations, our misfortunes and tragedies, our nightmares and disaster—these are all in the hands of a loving Father. Despite appearances, God is always in control. There is nothing to fear.

**Questions for Community Faith Sharing:**

1. What is "Let go of Fear" to you?
2. What is your experience of the Father's loving care?
- 3.. How do you overcome fear with His loving care?

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*"Lord Jesus, it is my joy and privilege to be your disciple. Give me strength and courage to bear any hardship and suffering which may come my way in your service. May I witness to others the joy of the Gospel"*