

June 25, 2023



DO NOT BE AFRAID; YOU ARE WORTH MORE

By Sr. Christine Hilliard, CSJ

From Today's Gospel

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."

MATTHEW 10:26-33

Reflection

Prior to this passage, the disciples are commissioned to teach about God's love and perform the same healing deeds as Jesus. They are to be the human face and hands of Christ, working in the world, bringing hope. The indication that this will not be an easy commission is clear with three cautions: "fear no one"; "do not be afraid"; "so do not be afraid." My first thought in response is: Easier said than done! Then I read about the sparrows who are sold for a small coin and "yet not one of them falls to the ground without your Father's knowledge.... (So) do not be afraid; you are worth more than many sparrows." I'm wondering if some of the energy fear holds comes from a sense of worthlessness. How do I see the world when I recognize my own worth? Perhaps it is seeing through the eyes of the Creator who cherishes all creation and calls it "very good" (Genesis 1:31).



Brown and gray bird on gray wood
Photo by Ana Marie

For Prayer

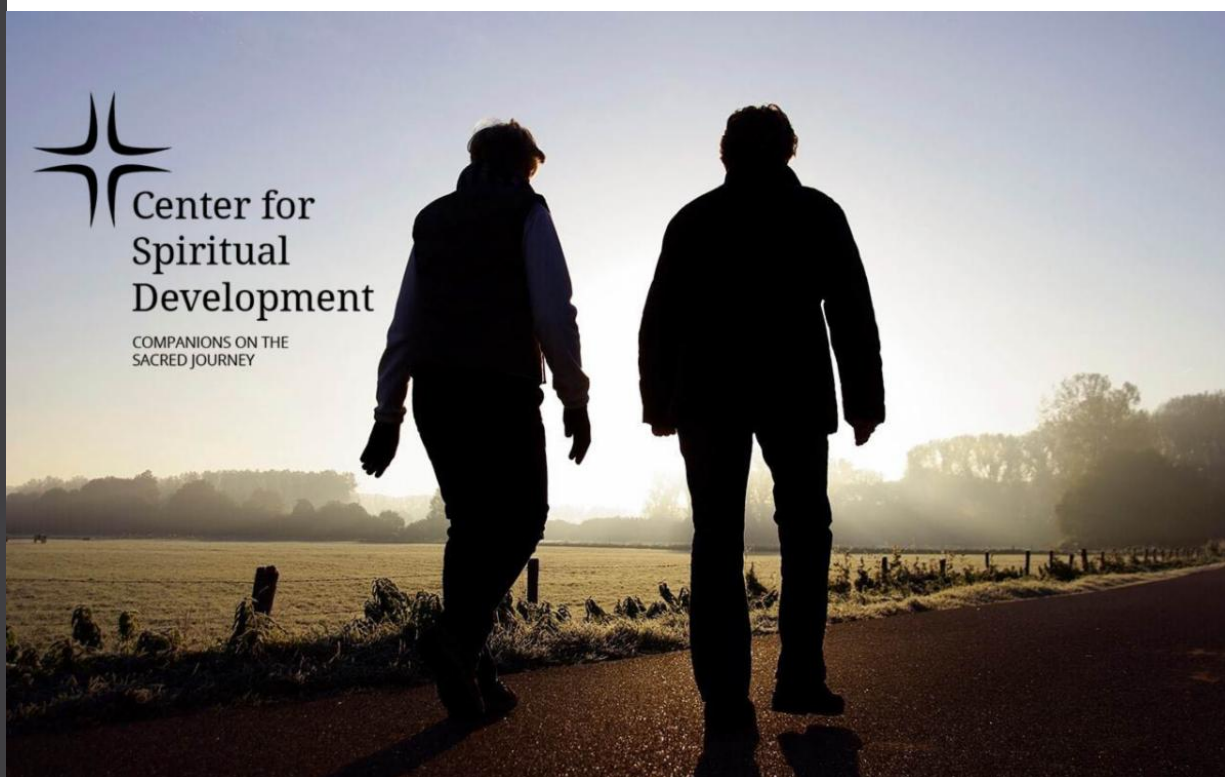
*Dear God,
let me feel close to you.*

*Grant me satisfaction with my life.
Let me rejoice in that closeness,
and let me turn that satisfaction
into a sense of self-worth ---
not one based in arrogance
or in feelings of self-importance,
but a humble self-esteem
rooted in holiness.*

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