

12th Sunday in Ordinary Time  
June 25th 2023

# FATH @ HOME

## 12th Sunday in Ordinary Time

**First Reading:** Jeremiah 20: 10-13  
**Responsorial Psalm:** Psalm 69: 8-10,14,17,33-35  
**Second Reading:** Romans 5: 12-15  
**Gospel:** Mathew 10: 26-33

[Full readings can be found Here](#)

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### 1. HEAR

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Use your bible to look up today's Gospel reading. If you don't have a Bible, you can [find the Gospel reading here](#)

If you prefer, you can watch [this video](#) of the Gospel reading.

If you have children, you might prefer to watch [this illustrated video](#) of the Gospel reading.

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### 2. PRAY

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After reading today's Gospel, spend some time looking at the image of the sparrow in a person's hand. Imagine that the hand is the hand of God and you are the sparrow it holds.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

Pay attention to any feelings or thoughts that arise as you look at this image.

What is God saying to you in this experience? Express your gratitude to God for all that this time of prayer has held for you.

(This form of prayer is known as visio divina or sacred seeing. It invites us to allow an image to become a focus for prayer and contemplation that God surfaces in one's heart.)

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### 3. TALK

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In the Gospel, Jesus tells us, "Don't be afraid!" He reminds us that God knows what happens to something even as small as a sparrow, but we are more precious to God than many sparrows. He is our help and comfort in all things, no matter what worries us or causes us fear.

When have you felt unsafe because you were worried that someone was hiding something from you that you thought might harm you? What harm did you think this could cause? How was God caring for you in this experience? How did he provide you help or comfort?

Share this with one another.