

12th Sunday in Ordinary Time
June 21, 2026

FAITH @ HOME

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First Reading: Jeremiah 20:10-13
Resp. Psalm: Psalm 69:8-10, 14, 17, 33-35
Second Reading: Romans 5:12-15
Gospel: Matthew 10:26-33

[Full readings can be found here!](#)

1. HEAR

Pick up your bible and look up the Gospel reading. Don't have one? No worries; you can find the Gospel reading by clicking [HERE](#). *(Bishop O'Connell's Gospel Reflection page.)*

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). *(YouTube, 德蘭社 channel, 1:22 min)*

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). *(YouTube, Holy Heroes channel, 1:26 min)*

2. PRAY

Gather with your family or a friend for a moment of prayer. Prepare a simple prayer space before hand with a bible, a lit candle *(if possible)*, a crucifix, a picture of Jesus *(if available)*, and a small square of green fabric.

Many people are worried about many news or events that are happening in the world right now. In today's Gospel, Jesus advises his disciples **(and us)** not to fear the unknowns in life.

Sit comfortably and if possible, play an instrumental song on your phone, tablet or music device. Next, bring to mind the news, events, situations, realities or things that make you afraid at this moment. If it helps, picture what they look like to you in your mind. At the same time, imagine how you place those fears in the hands of Jesus. *(Allow for a moment of silence.)*

(If children and/or youth are present, they can draw what gives them fear.)

One adult leads a the following litany of trust.

For the events and situations in the news that bring fear to our hearts...

All: Lord, in your great love, answer us.

For the things and or realities that strike fear in us...

For the times we feel lonely and separated from you...

For the times when fear takes over our lives...

(Close this time of prayer by reciting the following prayer together:)

Heavenly Father: you are faithful in everything you do and you care for all of us, protecting and providing for our needs. Help us to trust in your love in the midst of our fears. We ask this in Jesus'

3. TALK

We are worth to God beyond what we can imagine, and we are always the subject of his love and care.

Take a moment to pair with another person to reflect and discuss the following questions:

- **What can you do in the moments when you feel overwhelmed by a situation, event, or the news?**
- **What words of Jesus from today's gospel can bring assurance and peace to your heart?**
- **How can you help others around you put their trust in Jesus and in the love of the Father.**

Allow the small groups to share with the rest their reflections and conversations.

Close this moment with the "Glory be..."



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your faith at home. Use
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