

**ENTRANCE ANTIPHON**

The Lord is the strength of his people,  
a saving refuge for the one he has anointed.  
Save your people, Lord, and bless your  
heritage,  
and govern them for ever.

**GLORIA**

Glory to God in the highest,  
and on earth peace to people of good will.

We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.

Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.

For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father.  
Amen.

**COLLECT**

Grant, O Lord,  
that we may always revere and love your holy  
name,  
for you never deprive of your guidance  
those you set firm on the foundation of your  
love.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the  
Holy Spirit,  
God, for ever and ever.  
Amen.

**FIRST READING**

Jer 20:10-13

A reading from the prophet Jeremiah.  
Jeremiah said: I hear so many disparaging me,  
"Terror from every side!"  
Denounce him! Let us denounce him!"  
All those who used to be my friends  
watched for my downfall,  
"Perhaps he will be seduced into error.  
Then we will master him  
and take our revenge!"  
But the Lord is at my side, a mighty hero.  
my opponents will stumble, mastered,  
confounded by their failure;  
everlasting, unforgettable disgrace will be  
theirs.  
But you, Lord of Hosts, you who probe with  
justice,  
who scrutinise the loins and heart,  
let me see the vengeance you will take on them,  
for I have committed my cause to you.  
Sing to the Lord,  
praise the Lord,  
for he has delivered the soul of the needy  
from the hands of evil men.  
The word of the Lord.  
Thanks be to God.

**PSALM**

Ps 68:8-10,14,17,33-35

Response:  
In your great love, answer me, O God.

1. It is for you that I suffer taunts,  
that shame covers my face,  
that I have become a stranger to my  
brothers,  
an alien to my own mother's sons.  
I burn with zeal for your house  
and taunts against you fall on me. (R.)
2. This is my prayer to you,  
my prayer for your favour.  
In your great love, answer me, O God,  
with your help that never fails:  
Lord, answer, for your love is kind;  
in your compassion, turn towards me. (R.)
3. The poor when they see it will be glad  
and God-seeking hearts will revive;  
for the Lord listens to the needy  
and does not spurn his servants in their  
chains.  
Let the heavens and the earth give him  
praise,  
the sea and all its living creatures. (R.)

**SECOND READING**

Rm 5:12-15

A reading from the letter of St. Paul to the  
Romans.

Sin entered the world through one man, and  
through sin death, and thus death has spread  
through the whole human race because  
everyone has sinned. Sin existed in the world  
long before the Law was given. There was no  
law and so no one could be accused of the  
sin of "law-breaking", yet death reigned over  
all from Adam to Moses, even though their  
sin, unlike that of Adam, was not a matter of  
breaking a law.

Adam prefigured the One to come, but the  
gift itself considerably outweighed the fall. If it  
is certain that through one man's fall so many  
died, it is even more certain that divine grace,  
coming through the one man, Jesus Christ,  
came to so many as an abundant free gift.

The word of the Lord.  
Thanks be to God.

**GOSPEL ACCLAMATION**

Alleluia, alleluia! The Word was made flesh  
and lived among us;  
to all who did accept him  
he gave power to become children of God.  
Alleluia!

**GOSPEL**

Mt 10:26-33

A reading from the holy Gospel according to  
Matthew.

Jesus instructed the Twelve as follows: "Do not  
be afraid. For everything that is now covered  
will be uncovered, and everything now hidden  
will be made clear. What I say to you in the dark,  
tell in the daylight; what you hear in whispers,  
proclaim from the house-tops.  
"Do not be afraid of those who kill the body  
but cannot kill the soul; fear him rather who can  
destroy both body and soul in hell. Can you not  
buy two sparrows for a penny? And yet not one  
falls to the ground without your Father knowing.  
Why, every hair on your head has been counted.  
So there is no need to be afraid; you are worth  
more than hundreds of sparrows.  
"So if anyone declares himself for me in the  
presence of men, I will declare myself for him

in the presence of my Father in heaven. But the  
one who disowns me in the presence of men,  
I will disown in the presence of my Father in  
heaven."

The Gospel of the Lord.  
Praise to you, Lord Jesus Christ.

**PROFESSION OF FAITH**

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.

I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;

through him all things were made.  
For us men and for our salvation  
he came down from heaven,

*(all bow during the next three lines)*

and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.

For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.

I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.

I believe in one, holy, catholic and  
apostolic Church.

I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.

**PRAYER OVER THE OFFERINGS**

Receive, O Lord, the sacrifice of conciliation and  
praise  
and grant that, cleansed by its action,  
we may make offering of a heart pleasing to you.  
Through Christ our Lord.  
Amen.

**COMMUNION ANTIPHON**

The eyes of all look to you, Lord,  
and you give them their food in due season.

**PRAYER AFTER COMMUNION**

Renewed and nourished  
by the Sacred Body and Precious Blood of your  
Son,  
we ask of your mercy, O Lord,  
that what we celebrate with constant devotion  
may be our sure pledge of redemption.  
Through Christ our Lord.  
Amen.

# Sunday Message

TWELFTH SUNDAY IN ORDINARY TIME

**THE WORD**

Year A • 21 June 2026 • Colour: Green • Psalter Week 4

## DO NOT BE AFRAID

MATTHEW 10:26-33



In this passage, Jesus prepares his disciples for the challenges they will face as they carry out his mission. He warns them not to fear those who oppose them, saying, "Do not be afraid of them." The reassurance is grounded in God's providence: nothing is hidden from the Father, not even the smallest detail of our lives.

Jesus contrasts the apparent power of human threats with the deeper reality of God's care. If God values even the sparrows, then the disciples — and all who follow Christ — are infinitely more precious. The theme of the passage is trust: discipleship involves reliance on God rather than fear of others.

The passage calls the disciples to fear God above all, highlighting the difference between earthly threats and ultimate spiritual reality. Even in the face of persecution, followers are invited to remember God's knowledge, care, and protection.

Matthew emphasizes that discipleship is both a personal trust in God and a public witness to Christ, even under pressure or threat. In essence, faith requires courage, honesty, and confidence in God's enduring care. ■

**REFLECT**

Jesus speaks to his disciples with both honesty and encouragement. He knows that following him will not always be easy. There will be opposition, misunderstanding, and fear. Yet he says, "Do not be afraid of them." Faith is not a promise of comfort without challenge, but a call to trust in God's care.

The imagery is striking: if God notices even the sparrows, how much more does he value each of us? This reminds us that fear and anxiety often exaggerate our sense of danger. God sees, knows, and loves us fully, even in moments when we feel exposed or vulnerable.

Following Christ requires courage — courage to speak our faith, to act with integrity, and to stand for what is right, even when it is unpopular or difficult. To "acknowledge Christ before others" is not about pride, but about honesty and trust, letting our lives reflect the One we follow.

This Gospel encourages us to live without fear, grounded in God's care. Each small act of faith, each quiet confession of trust, is an expression of our value in God's eyes and a witness to others that courage is possible when God is at the centre of our lives. ■

**SAY**

Trust God, speak your faith,  
do not be afraid.

**DO**

This week we might acknowledge our faith in a gentle way — in conversation, a message, or an act of kindness — without fear of what others think.

**LEARN**

The Church teaches that discipleship calls us to live courageously in faith, trusting God's care and openly acknowledging Christ in our words and actions. (CCC 1816)

