

'Faith necessarily takes you out, it leads you to give it,
because essentially faith must be transmitted.
It is not something quiet.'

—Pope Francis, homily at morning Mass, 25 April 2020



REFLECT

Our liturgical year is beautifully crafted and reflects our lives so well. Our days of routine living are interspersed with times of preparation and reflection, picking up and putting down, feasting and celebration. Having seen all our Easter joy culminate in the birth of the church through the outpouring of the Holy Spirit, and having delved into the mysteries of who God is as Trinity and reflected on how Jesus nourishes and abides with us in the Eucharist, we embark again on this Ordinary Time.

Often in our lives, mountain-top experiences will be followed by valleys. After times of joy and exhilaration, we will be left feeling flat and possibly vulnerable to harm. It is in the day to day that familiarity can breed contempt. In our current situation, we have discovered more and more the beauty of simplicity; we long for what is familiar and perhaps what we have taken for granted. We may have found ourselves being called to move beyond our personal concerns to look at the needs and unease of our neighbour. Hopefully we have discovered new creativity and, out of our rest, new impetus for change, no longer being content to settle for the status quo.

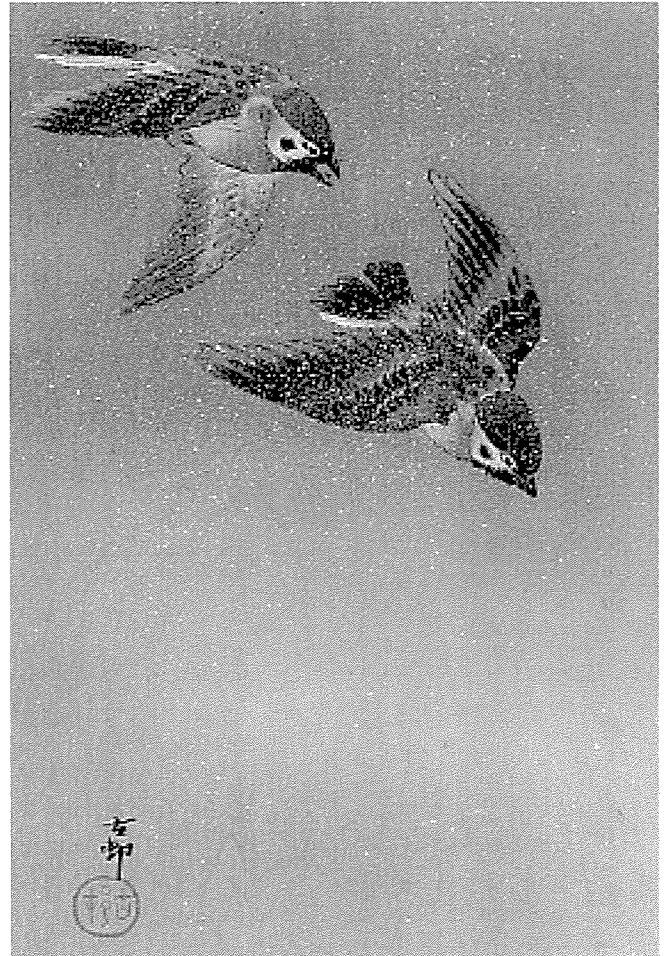
Jesus' first words in today's gospel—spoken in various ways more than three hundred times in the Scripture—direct us, 'Do not be afraid!' Of all the choices those who shape our Lectionary could make, this is the imperative they choose for us. And what a timely reminder it is. How desperately our world needs to hear and have this reassurance.

Our God invites us to trust. Jesus selects the most commonplace of birds to illustrate this trust. If God knows even when a sparrow falls, how much more is God attuned to your movements? And to your thoughts, your concerns and deepest worries? Jesus extends this to the remarkable assurance that our God knows even how many hairs are on our head! Our God has such intimate knowledge and care for us—how could we fear?

Woven through this call to trust is an invitation to respond with clarity, truth and boldness. No spirit of timidity for us! We are charged to speak our trust, to declare it openly. We are called on to witness in our lives, by word and action, to the hope we have in a God who knows, loves and declares us as God's own.

Let us take up us this challenge. Let us view our lives as filled with opportunities to grow in trust, and be ready to share this trust in our God with others.

- What are you afraid of?
- What words or phrases of Jesus' do you trust?
- Share a time that God provided for you—a reason for you to trust God.



Two sparrows in flight by Ohara Koson

PRAY

'The Spirit of Truth will bear witness to me, says the Lord, and you also will be my witnesses.'

—gospel acclamation

Spirit of Truth
Dwell in me this week.
Guide my words and actions
so that I might live and speak boldly,
telling of your infinite love in the daylight
and proclaiming the Good News
from the rooftops.
Amen.

