

Praise the Lord

For He has delivered the life of the poor
From the hand of evildoers.

Jeremiah 20:13

SUNDAY GOSPEL REFLECTION

Dear Brothers and Sisters of St. Joseph Parish,

Jeremiah cries out today: "I hear the whisperings of many: 'Terror on every side!'" Jer 20:10. Sound familiar?

We live with our own whispers. Fear of the future. Fear of being canceled for faith. Fear that one wrong word will make us the next target. The prophet knew that terror. Yet he ends with praise: "Sing to the Lord... for he has rescued the life of the poor." Jer 20:13

Jesus doubles down on that courage in the Gospel: "Do not be afraid of those who kill the body but cannot kill the soul." Mt 10:28. Three times in ten verses He says it: **Do not be afraid.**

Why? Because the Father sees you. "Are not two sparrows sold for a small coin? Yet not one of them falls to the ground without your Father's knowledge." Mt 10:29. If God counts the sparrows, He counts your tears. He counts your hairs. He counts every quiet act of faithfulness you think no one notices.

St. Paul reminds us why we can live this way: "Where sin increased, grace overflowed all the more." Rom 5:20. We're not saved by our fearlessness. We're saved by Christ's grace. That grace makes us bold.

This week: Name one fear you're carrying. Write it down. Then write beside it: "But my Father knows." Bring it to the Sacred Heart you just entrusted America to last week.

You are worth more than many sparrows. And the One who rescued Jeremiah will not abandon you.

Sacred Heart of Jesus, we trust in You.

Have a Blessed week!

Fr. Rafal Ligenza,
Pastor

