



AMDG  
THIRTEENTH SUNDAY  
IN ORDINARY TIME  
YEAR A  
28TH JUNE 2020



**‘Follow in my footsteps ...’**

OPENING PRAYER

O God, who through the grace of adoption  
chose us to be children of light,  
grant, we pray,  
that we may not be wrapped in the darkness of error  
but always be seen to stand in the bright light of truth.

In this week’s readings we hear about the choices that have to be made in living a life in Christ, as well as of God’s generosity to anyone who welcomes a prophet or disciple.

This is illustrated in the *First Reading*, where God rewards the repeated kindnesses of a childless couple towards the prophet Elisha with the gift of a child.

The *Psalms* is full of praise for the Lord, expressing the psalmist’s joy and trust in the Lord’s everlasting love and faithfulness.

In the *Second Reading*, St Paul emphasizes that in baptism we are dying to our old self, to sin, and moving into a new life lived in Christ.

The *Gospel* sees Jesus continuing to instruct the disciples in their mission, telling them of the demands in following his way. But he also assures them of God’s great generosity– both to them and also to anyone who welcomes them. In doing so, they are welcoming Jesus himself, and even the smallest kindness will be rewarded.

This week, perhaps I might pray for the grace to follow Christ more nearly, to see him more clearly, and to love him more dearly as I welcome him in others.

## PSALM 88 (89)

*R./ I will sing for ever of your love, O Lord.*

**I** will sing for ever of your love, O Lord;  
through all ages my mouth will proclaim your truth.  
Of this I am sure, that your love lasts for ever,  
that your truth is as firmly established as the heavens.

Happy the people who acclaim such a king,  
who walk, O Lord, in the light of your face,  
who find their joy every day in your name,  
who make your justice the source of their bliss.

For it is you, O Lord, who are the glory of their strength;  
it is by your favour that our might is exalted,  
for our ruler is in the keeping of the Lord;  
our king in the keeping of the Holy One of Israel.

As I settle down before the Lord, I notice how I am feeling, aware that I may still be adapting to changing circumstances in the world.

If it helps, I close my eyes and focus on taking some slow, deep breaths in and out, releasing any tensions within my body. I try to set aside any worries or uncertainties, whilst placing my trust in the Lord.

When I feel ready, I slowly read the verses, maybe several times, and stay with whichever words or phrases resonate with me.

Maybe the qualities that the psalmist sees in the Lord ... constant love, truth, justice ... draw me to walk with God, too?

Can I myself experience the joy ... bliss ... strength ... that he names, or have I struggled in recent times?

I know that I can be honest and talk to Jesus, heart to heart, about whatever I am thinking and feeling, entrusting myself to him.

I may like to ask him for any grace that I feel I need to help me.

Perhaps I give thanks for occasions when I have seen the light of the Lord's face in others, or been enabled to show it myself.

I bring this time of prayer slowly to a close, with gratitude,  
as I say *Glory be* ...

## GOSPEL MATTHEW 10: 37–42

**J**esus instructed the Twelve as follows: ‘Anyone who prefers father or mother to me is not worthy of me. Anyone who prefers son or daughter to me is not worthy of me. Anyone who does not take their cross and follow in my footsteps is not worthy of me. Anyone who finds their life will lose it; anyone who loses their life for my sake will find it.

‘Anyone who welcomes you welcomes me; and those who welcome me welcome the one who sent me. Anyone who welcomes a prophet will have a prophet’s reward; and anyone who welcomes a holy person will have a holy person’s reward.

‘If anyone gives so much as a cup of cold water to one of these little ones because they are a disciple, then I tell you solemnly, they will most certainly not lose their reward.’

As I enter slowly into prayer, I become aware of God’s gentle presence within me and let his love embrace me. I ask the Holy Spirit to enlighten me as I read the Gospel prayerfully. I linger over anything that touches me.

Perhaps some of these words challenge me. I take time to reflect.

Are there times when I might have put other things before God?

I share these with the Lord, remembering that I am always loved and forgiven.

Jesus says, ‘Follow in my footsteps’. How might he be inviting me to do this now ... in my work, my family, my community?

Maybe I feel drawn to ponder what might be my own cross right now.

Is it perhaps a particular situation in which I find myself?

Or is it perhaps simply in accepting my own weaknesses?

I remember that Jesus is walking alongside me and loves me just as I am, my unique self.

Perhaps I can imagine being welcomed with a cup of cold water in the heat – how refreshing and good that is! – such a little gesture, but meaning so much. I reflect with gratitude on the little gestures that I have seen, given or received myself.

What might the Lord be saying to me now?

How would I like to respond ... whether in words from my heart, or just resting in his presence?

When I am ready, I end my prayer with a slow sign of the cross.

## Here's a text if you've only got a minute ...

I will sing for ever of your love, O Lord.

*Psalm*

For it is you, O Lord,  
who are the glory of their strength.

*Psalm*

Consider yourselves to be dead to sin,  
but alive for God in Christ Jesus.

*Second Reading*

*This week's texts if you want to explore further:*

*2 Kings 4: 8–11, 14–16; Ps. 88 (89); Rom. 6: 3–4, 8–11; Matt. 10: 37–42*



‘If anyone gives so much as a cup of cold water ...’



ST BEUNO'S OUTREACH  
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JESUIT  
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