

SIXTH SUNDAY IN ORDINARY TIME

Growing up in a dysfunctional home often taught us to focus on appearances. Survival required us to follow unspoken rules, manage emotions, and avoid conflict whenever possible. As adults, we may appear capable and responsible while remaining disconnected from our own needs and feelings. Recovery invites us to turn inward with compassion and allow God to heal what has long been ignored.

This Sunday's gospel reading reveals Jesus' concern for interior transformation. In the Sermon on the Mount, he addresses those who outwardly appear faithful while carrying unresolved anger and broken relationships within. Jesus does not shame them. He invites them into deeper freedom by naming what lies beneath the surface (Matthew 5:17, 21-22):

Jesus said to his disciples: "Do not think that I have come to abolish the law or the prophets. I have come not to abolish but to fulfill... You have heard that it was said to your ancestors, You shall not kill; and whoever kills will be liable to judgement. But I say to you, whoever is angry with his brother will be liable to judgement."

For adult children, this teaching often resonates deeply. We may not act out our anger openly, yet it can live quietly within us as resentment, self-criticism, or chronic fear. Recovery helps us recognize that these interior patterns matter. Jesus' words affirm that God cares not only about what we do, but about what we carry.

The second reading offers encouragement for those who learned early not to trust their own perceptions. Saint Paul speaks of a wisdom that does not come from human systems of power or survival (1 Corinthians 2:6-8):

Brothers and sisters: We speak a wisdom to those who are mature, not a wisdom of this age nor of the rulers of this age who are passing away. Rather, we speak God's wisdom, mysterious, hidden, which God predetermined before the ages for our glory.

Many of us grew up adapting to chaotic or emotionally unsafe environments. Those coping strategies may have helped us survive, but they can limit our freedom as adults. Recovery gently introduces us to a God whose wisdom invites trust rather than fear. Through prayer, reflection, and community, we begin to replace old survival roles with a growing sense of identity rooted in Christ.

Jesus' call to let our "yes" mean yes and our "no" mean no speaks directly to boundary work in recovery. Learning to name needs, express limits, and speak truth without apology is often unfamiliar and uncomfortable. Yet each honest "yes" and "no" becomes an act of reparenting, restoring dignity where it was once compromised.

Healing from dysfunctional family patterns is not immediate. It unfolds gradually as we continue to show up, tell the truth, and trust God with our vulnerability. Over time, we experience a deeper sense of belonging

and freedom, grounded not in perfection, but in grace that meets us exactly where we are.

REFLECTION QUESTIONS

- How have early family experiences shaped your relationship with anger, honesty, or self-expression?

- Where do you sense Jesus inviting you to tend to your interior life rather than just outward functioning?

- What does practicing an honest "yes" and "no" look like for you as part of healing and reparenting?

MASS READINGS

FIRST READING Sirach 15:15-20

RESP. PS. Psalm 119:1-2, 4-5, 17-18, 33-34

SECOND READING 1 Corinthians 2:6-10

GOSPEL Matthew 5:17-37

