

# SIXTH SUNDAY IN ORDINARY TIME

Living alongside addiction or dysfunction often trains us to watch closely for external signs of safety. We learn to measure peace by another person's behavior, mood, or decisions. Over time, our spiritual lives can begin to mirror this same pattern. We may appear calm or faithful on the surface while internally carrying anxiety, resentment, or exhaustion. Recovery gently redirects our attention from managing outcomes to tending to our own hearts.

This Sunday's gospel reading continues Jesus' Sermon on the Mount and challenges a faith that remains focused only on outward compliance. Jesus does not dismiss the law. Instead, he reveals its deeper purpose by addressing what happens beneath the surface of our actions. He speaks to the hidden places where anger, fear, and contempt quietly take root.

This Sunday's gospel reading shows Jesus teaching (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."*

Jesus names interior attitudes as spiritually significant, even when no visible wrongdoing has occurred. For family members and friends, this can feel both unsettling and freeing. We may not be the ones engaging in addictive behaviors, yet our inner lives can become dominated by vigilance, resentment, or an unspoken belief that everything depends on us. Jesus' words invite us to recognize that our hearts, too, deserve care and healing.

Recovery teaches us that serenity does not come from controlling another person's choices. It grows as we surrender what we cannot fix and take responsibility for our own spiritual condition. Detachment, rightly understood, is not withdrawal or punishment. It is an act of trust that allows God to be God while we focus on living faithfully one day at a time.

The second reading reinforces this invitation to trust God's way of working. Saint Paul reminds us that divine wisdom does not align with the world's desire for certainty or control (1 Corinthians 2:6-7):

*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.*

Recovery matures us by teaching patience with uncertainty. Choosing serenity over control can feel risky, especially when fear has long shaped our responses. Yet as we practice letting go, we discover that God's wisdom often brings peace in quieter, less dramatic ways. Our freedom grows not because situations resolve, but because our hearts become less entangled in outcomes.

Jesus' teaching about letting our "yes" mean yes and our "no" mean no speaks directly to boundary-setting in recovery. Many of us learned to negotiate, appease, or explain ourselves in order to keep the peace. Recovery invites a different way of relating, one rooted in honesty, clarity, and compassion. Speaking truthfully is not an act of aggression. It is an expression of trust in God's care for everyone involved.

As family members and friends, we contribute to healing not by fixing others, but by allowing God to transform us. When we seek God's wisdom, practice surrender, and live with integrity, we become quiet witnesses to the freedom God desires for all his children.

## REFLECTION QUESTIONS

- How has focusing on another person's behavior affected your own interior peace, and what have you learned about surrender through recovery?
- Where do you notice resentment or control taking root in your heart, and how might Jesus be inviting you to deeper healing?
- What does letting your "yes" and "no" be honest look like in your relationships today?

## 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

