

TWELFTH SUNDAY IN ORDINARY TIME

Much of recovery is built on the willingness to live differently, one day at a time. We may experience moments of clarity, surrender, or spiritual awakening, but lasting change is formed through consistent daily practice. Honesty, connection, and trust in God become the foundation for a new way of living.

The readings this Sunday speak directly to the experience of fear and the temptation to hide. In the first reading, the prophet Jeremiah expresses deep anguish, describing the pressure and opposition he faces for speaking the truth (Jeremiah 20:10-13). Even in his fear, he continues to turn toward God rather than withdraw. This reflects a central tension in recovery. We may feel the urge to hide, protect ourselves, or avoid being fully known, especially when we feel exposed or vulnerable.

Many of us are familiar with this pattern. In active addiction, secrecy often became a way of life. We hid our actions, our thoughts, and even parts of ourselves from others. These secrets gave the illusion of safety, but in reality, they kept us isolated and stuck. Recovery begins to change that. We learn that honesty is not only a moral principle, but a path to freedom.

The gospel reading brings this truth into clear focus (Matthew 10:26-33). Jesus tells His disciples, *“Nothing is concealed that will not be revealed, nor secret that will not be known.”* At first, this can sound unsettling. Yet Jesus follows this statement with a repeated invitation: *“Do not be afraid.”* He is not exposing us to shame, but inviting us into freedom. What is hidden no longer needs to control us.

This is echoed in recovery through a familiar truth: we are only as sick as our secrets. Healing begins when we are willing

to share honestly with God, ourselves, and at least one other person. Steps Four and Five guide us through this process, helping us take a thorough inventory and admit the truth about our lives. This is not about condemnation, but about clarity. As we bring our experiences into the light, we begin to loosen the grip of shame.

The responsorial psalm offers reassurance in this process: *“Lord, in your great love, answer me”* (Psalm 69). We are not left alone in our honesty. God meets us there with mercy and compassion. Even when we feel exposed, we are held in His care.

Saint Paul deepens this understanding in the second reading (Romans 5:12-15), reminding us that while sin entered the world through one man, grace has been given in abundance through Christ. Our brokenness is real, but it is not greater than God’s mercy. No matter how far we have gone, we are not beyond redemption.

Jesus continues in the gospel by reminding us of our value: *“Even all the hairs of your head are counted. So do not be afraid; you are worth more than many sparrows.”* This speaks directly to the fear that often underlies our secrecy. We may fear rejection, judgment, or being fully seen. Yet Jesus assures us that we are known completely and loved fully.

Recovery invites us to respond to that truth with action. We continue to practice daily inventory, remaining attentive to where we may be holding back or avoiding honesty. When something arises, we are encouraged to share it promptly rather than allowing it to grow in isolation. This ongoing practice keeps us aligned with truth and helps prevent a return to old patterns.

This does not mean we share everything with everyone. Wisdom and discernment are part of recovery. However, it does mean that we commit to living without hidden corners. We allow ourselves to be known in safe and appropriate relationships.

Recovery is lived one day at a time. As we continue this journey, we are invited to let go of fear and trust that God’s truth leads to freedom. What we bring into the light can be healed, and what is healed can become a source of hope for others.

REFLECTION QUESTIONS

- When have fear or shame led you to hide parts of your life, and what was the impact?
- What helps you practice honesty with God, yourself, and others in your recovery today?
- How have you experienced freedom or healing after bringing something into the light?

MASS READINGS

FIRST READING Jeremiah 20:10-13

RESP. PS. Psalm 69:8-10, 14, 17, 33-35

SECOND READING Romans 5:12-15

GOSPEL Matthew 10:26-33