

# TWELFTH SUNDAY IN ORDINARY TIME

Much of recovery is built on the willingness to live differently, one day at a time. We may experience insight, awareness, or emotional clarity, but lasting change is formed through consistent daily practice. For adult children recovering from dysfunctional family systems, this often means learning to live with greater honesty, awareness, connection, and trust.

The readings this Sunday speak directly to fear and the tendency to hide. In the first reading, the prophet Jeremiah expresses the pain of feeling exposed and unsupported, yet he continues to trust in God (Jeremiah 20:10-13). This reflects a familiar experience. Many of us learned early in life that it was safer to hide parts of ourselves than risk being hurt, criticized, dismissed, or misunderstood.

In dysfunctional environments, we may have learned to suppress emotions, avoid conflict, perform well, take care of others, or present ourselves in whatever way seemed acceptable. These patterns helped us cope at the time. They may even have protected us. Yet when they carry into adulthood, they can leave us disconnected from our feelings, needs, relationships, and identity. Recovery begins to change that by inviting us into greater honesty.

In the gospel reading, Jesus says, “*Nothing is concealed that will not be revealed, nor secret that will not be known.*” (Matthew 10:26-33). This is not meant to create fear, but to invite us into freedom. Jesus repeats, “*Do not be afraid.*” What we bring into the light can be seen, understood, and healed. We no longer have to organize our lives around what we were once afraid to name.

Steps Four and Five support this process. We begin to examine our patterns, beliefs, emotional responses, and survival roles, and we share them with God and another person. This helps us move from unconscious reaction to intentional living. We begin to recognize when we are operating from old family roles rather than present reality. We also begin learning the difference between appropriate responsibility and burdens that were never ours to carry.

This honesty also helps us separate the present from the past. Many adult children react to current situations through the lens of earlier wounds. A calm disagreement may feel like danger, a request may feel like criticism, or another person’s mood may feel like our responsibility. Recovery gives us space to pause, notice what is happening, and choose a response rooted in truth.

The responsorial psalm offers reassurance: “*Lord, in your great love, answer me*” (Psalm 69). God meets us with compassion as we begin to face what has been hidden. We are not alone in this process.

Saint Paul reminds us in the second reading that grace has been given in abundance through Christ (Romans 5:12-15). We do not need to earn love or prove our worth through performance, perfection, or caretaking. We are invited to receive love as a gift.

Jesus also reminds us of our value: “*Even all the hairs of your head are counted.*” This speaks to the deep need for safety, belonging, and consistency. We are seen and known by God in a way that does not depend on managing anyone else’s mood or meeting impossible expectations.

Recovery invites us to respond with action. We begin to notice when we are hiding, avoiding, overexplaining, people-pleasing, or reacting from old patterns. We practice speaking honestly in safe relationships. We allow ourselves to be known gradually and appropriately.

Recovery is lived one day at a time. As we continue this journey, we are invited to move out of hiding, embrace honesty, and trust that God is leading us toward deeper healing, freedom, and connection.

## REFLECTION QUESTIONS

- When did you learn to hide parts of yourself, and how has that affected you?
- What helps you recognize when you are reacting from old patterns?
- How are you practicing honesty and connection in safe ways today?

## 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