

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, relief, or renewed hope, but lasting peace is formed through consistent daily practice. For those impacted by a loved one's addiction or unhealthy attachments, this often means learning to live with honesty, boundaries, and trust in God rather than fear, control, or over-responsibility.

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 as he faces opposition for speaking the truth (Jeremiah 20:10-13). Even in his fear, he continues to turn toward God rather than withdraw. This reflects a familiar tension. We may feel overwhelmed by another person's choices, afraid of what others will think, or uncertain about the future. The instinct can be to hide our feelings or attempt to manage everything ourselves.

Many of us know this pattern well. We may have hidden the reality of what was happening in our homes or avoided speaking honestly about our fear, anger, exhaustion, or resentment. We may have protected others from consequences, minimized the seriousness of a situation, or believed that our effort could create recovery for someone else. These patterns often begin with love and concern, but over time they leave us isolated and drained. Recovery begins to change that. We learn that honesty about our own experience is a path to freedom.

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

truth. Jesus follows with the words, *"Do not be afraid."* What is brought into the light no longer has the same power over us.

In family recovery, honesty often begins by acknowledging what we feel and what we cannot control. Steps Four and Five help us examine our own patterns, including control, resentment, enabling, or avoidance, and share them with a trusted person. This process brings clarity and allows us to respond rather than react. It also helps us practice healthier love, the kind that respects another person's dignity while refusing to abandon our own.

This honesty helps us resist two common extremes. We do not need to deny the seriousness of another person's addiction, and we do not need to make their recovery the center of our identity. Truth allows us to name what is real and choose the next right action.

The responsorial psalm offers reassurance: *"Lord, in your great love, answer me"* (Psalm 69). God meets us in our vulnerability. We do not have to carry everything alone.

Saint Paul reminds us in the second reading that grace has been given in abundance through Christ (Romans 5:12-15). This truth helps us release the belief that everything depends on us. God's mercy is already at work, both in our lives and in the lives of those we love.

Jesus also reminds us of our value: *"Even all the hairs of your head are counted. So do not be afraid."* This speaks to the fear that often drives our attempts to control. We are invited to trust that God is present and at work, even when we do not see change.

Recovery invites us to respond with action. We practice letting go of what is not ours to carry, speaking truth in

safe relationships, and staying connected to others who understand. Recovery is lived one day at a time. As we continue this journey, we are invited to let go of fear, embrace honesty, and trust that God's truth leads to freedom.

REFLECTION QUESTIONS

- When have fear or control shaped your responses to a loved one's behavior?

- What helps you speak honestly about your own experience in recovery?

- How are you learning to trust God with what you cannot control?

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