

Reflection Questions

- How have you related to Peter or Paul's early struggles or later transformation?
- What "old roles" or survival patterns are you continuing to release in your recovery?
- What helps you stay grounded in your identity as a beloved child of God, even when challenges arise?

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Sunday Mass Readings this Week

First Reading: Acts 12:1-11

Responsorial Psalm: Psalm 34:2-3, 4-5, 6-7, 8-9

Second Reading: 2 Timothy 4:6-8, 17-18

Gospel: Matthew 16:13-19

Solemnity of Saints Peter and Paul, Apostles



The Solemnity of Saints Peter and Paul reminds us that God does extraordinary things through imperfect people. Peter, who was emotionally reactive and afraid, and Paul, who carried deep zeal and later deep remorse—both were transformed by grace and became foundations of the Church. For those of us who grew up in homes marked by chaos, neglect, or inconsistency, their lives offer profound hope.

Many adult children develop roles and behaviors to survive: people-pleasing, perfectionism, shutting down, or trying to stay invisible. These patterns helped us cope but often left us feeling disconnected, unseen, or unsure of who we truly are. In recovery, we begin to peel back those layers—not all at once, but gradually—as we discover who God made us to be.

Paul's words in this Sunday's second reading (2 Timothy 4:6–8, 17–18) speak to the journey of becoming:

*I, Paul, am already being poured out like a libation,
and the time of my departure is at hand.
I have competed well; I have finished the race; I have
kept the faith.
From now on the crown of righteousness awaits me,
which the Lord, the just judge, will award to me on
that day,
and not only to me, but to all who have longed for his
appearance.
...But the Lord stood by me and gave me strength,
so that through me the proclamation might be
completed
and all the Gentiles might hear it.
And I was rescued from the lion's mouth.
The Lord will rescue me from every evil threat
and will bring me safe to his heavenly kingdom.*

Many of us know what it's like to feel spiritually orphaned—lacking trust, stability, or clarity. But the Lord stands by us, even when old fears resurface. He gives us strength to keep going, to keep healing, and to keep growing emotionally and spiritually.

Like Peter and Paul, we may not have started out strong—but we are learning to finish well. We no longer need to live according to old scripts. Recovery and the sacraments help re-form our identity. We are no longer just survivors—we are children of God, co-heirs with Christ, part of His Church, and called to be agents of healing and reconciliation.

We walk this journey with others who understand. Fellowship helps us shed shame, find our voice, and rebuild our lives with integrity. We are not alone in the race. Together, we practice living in freedom, one step and one day at a time.