

July 10, 2025

Daily Reflections



BEING GOD'S MESSENGER

By Sister Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to his Apostles: "As you go, make this proclamation: 'The Kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse the lepers, drive out demons. Without cost you have received; without cost you are to give. Do not take gold or silver or copper for your belts; no sack for the journey, or a second tunic, or sandals, or walking stick. The laborer deserves his keep. Whatever town or village you enter, look for a worthy person in it, and stay there until you leave. As you enter a house, wish it peace. If the house is worthy, let your peace come upon it; if not, let your peace return to you. Whoever will not receive you or listen to your words—go outside that house or town and shake the dust from your feet. Amen, I say to you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgment than for that town."

MATTHEW 10:7-15

Reflection

In this Gospel message for today, Matthew reveals how Jesus commissions -- sends forth -- his disciples to live the mission through preaching, healing, and teaching. I found his instructions about finding worthy people and staying with them intriguing. He instructs the disciples to wish each of these households peace, and if a person does not invite them into their house, then this greeting of peace returns to the disciple.

This rhythm of giving and receiving is found throughout Jesus' teaching. Jesus offers each of us life in him and it is ours to receive or reject. Each of us has our mission to which we have been called, and this mission is reciprocal in nature just as it was in Jesus' time. I find the challenge in Jesus allowing us to give and to receive. Receiving takes humility, and knowing that what others have to give comes from God. Who am I to reject it! At the same time, you and I are called to spread the Good News, and trust in God and the hospitality of others as we move through our lives.



Image created by Sr. Jayne Helmlinger, CSJ

For Pondering

- How difficult is it for you to receive from others? What hinders your ability to enter into this rhythm of discipleship where both giving and receiving are fundamental?
 - When have you had to "shake the dust off" as a symbolic way of moving on because you experience that those with whom you are interacting are not ready to receive God's message? How did this impact you?
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For Prayer

*Loving God,
as we journey with you in this life,
we seek the rhythm of discipleship
where giving and receiving are the norm.
Let us proclaim your message in the peaks and valleys of our lives
and through the twists and turns of our sometimes chaotic lives.
Amen.*

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