

Sunday, Jun 22, 2025

Satisfying beyond measure

Human need doesn't get much more basic than food and drink. But our hunger and thirst go beyond the physical. We also have essential spiritual requirements: We hunger and thirst for God. To our eternal good fortune, God satisfies all of our needs through the Body and Blood of Jesus. The sacrament of the Eucharist is a living reminder that God is with us and provides us with abundance where there was scarcity; presence where there was absence; life where the shadow of death once fell. It is a miraculous level of satisfaction. What more do we need?

SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (CORPUS CHRISTI)

Genesis 14:18-20; 1 Corinthians 11:23-26; Luke 9:11b-17 (169).

"All ate and were satisfied."

Monday, Jun 23, 2025

Take a clear-eyed look at others

In Matthew's gospel, Jesus warns, "Stop judging, that you may not be judged." While you may have to make some judgments every day, Jesus forbids judging a person's character, worth, intentions, or standing before God on the basis of what you see. Jesus used the word *hypocrite*, which comes from the Greek word for "actor," someone who wears a mask. The gospel asks that you unmask yourself, be real, and see more clearly. Indeed, "to speak only of the faults of others does not represent total reality," says Saint Maximilian Kolbe, "for every man, in addition to his faults, also has virtues, a good side."

Genesis 12:1-9; Matthew 7:1-5 (371). *"You hypocrite, remove the wooden beam from your eye first; then you will see clearly to remove the splinter from your brother's eye."*

Tuesday, Jun 24, 2025

His name is John

John cuts a courageous figure of faith we do well to remember and honor. "His name is John," both his parents insist. And what does that tell us? Saint Pope John Paul II explains: John, "in Hebrew means 'God is benevolent.' God is benevolent to human beings; he wants them to live; he wants them to be saved." So we do well to listen to John as he prepares the way, "towards the land, where peace and justice reign."

SOLEMNITY OF THE NATIVITY OF JOHN THE BAPTIST

Isaiah 49:1-6; Acts 13:22-26; Luke 1:57-66, 80 (587). *"Surely the hand of the Lord was with him."*

Wednesday, Jun 25, 2025

Leaders we deserve

"For leadership, there is only one road: service," said Pope Francis. Unfortunately, it is often difficult to trust those in leadership. Some of our leaders resort to deception and concealment to further their own ends or those of the institutions they represent. Our faith, including our biblical tradition, however, offers a reliable guide to tell whether what we're being told is the real deal. Do leaders actually end up doing what they say they are going to do? Do people get to a better place because they followed a particular leader? It may take some time, but outcomes always reveal true intentions. Place your trust in leaders who have shown themselves worthy of serving.

Genesis 15:1-12, 17-18; Matthew 7:15-20 (373). *"By their fruits you will know them."*

Thursday, Jun 26, 2025

Start with a strong foundation

In the wake of devastating earthquakes, there often follows review of building codes and criticism that buildings had not been built properly to withstand such events. Jesus uses similar imagery to describe the condition of those who rely only on the facade of doing good as their claim on salvation. He says it's not enough to call him "Lord." It's not even enough only to "drive out demons" and do spectacular deeds in his name. All of that is good showmanship; it's curb appeal, but if that pretty life is not built on the rock-solid gospel values of compassion, forgiveness, justice, and love, then one might rightly worry about the shifting ground below. We cannot control the changes and dangers in the world, but we can choose where we build and on what foundation.

Genesis 16:1-12, 15-16; Matthew 7:21-29 (374). *"Be like a wise man who built his house on rock."*

Friday, Jun 27, 2025

Tend to the heart

We've all known the ache of a broken heart. Today, as we celebrate the Sacred Heart of Jesus, we remember that God, too, has felt that same pain—in the person of His Son, Jesus Christ. The image of a heart burning with love yet pierced by thorns perfectly mirrors our own experience when life falls apart—when those we love suffer or when we ourselves are overwhelmed by sorrow. But it's also an image of God's own heart, wounded by a world that resists the joy, peace, and wholeness He longs to give. In *Dilexit Nos*, Pope Francis reflects: "If each of us considers his or her own sins and their effect on others, we will realize that repairing the harm done to this world also calls for a desire to mend wounded hearts where the deepest harm was done, and the hurt is most painful." Align yourself with the heart of Jesus by actively trying to repair the broken hearts around you.

SOLEMNITY OF THE MOST SACRED HEART OF JESUS

Ezekiel 34:11-16; Romans 5:5b-11; Luke 15:3-7 (172). *"There will be more joy in heaven over one sinner who repents than over ninety-nine righteous people who have no need of repentance."*

Saturday, Jun 28, 2025

Welcome Jesus in

Before Catholics receive Holy Communion at Mass, they pray the simple words, "Lord, I am not worthy for you to enter under my roof, but only say the word and I shall be healed." The words "enter under my roof" take on a deeper meaning when we consider that they are the same ones spoken to Jesus by a Roman centurion who desperately sought healing for his servant. This soldier humbly acknowledged he was not worthy of having Jesus enter into his home yet at the same time boldly asked for Jesus' help. This faith—both humble and courageous—amazed Jesus, who responded by praising the centurion and healing the servant. When next you utter these words, remember the faith of the centurion and welcome Jesus in.

Genesis 18:1-15; Matthew 8:5-17 (376). *"Lord, I am not worthy to have you enter under my roof; only say the word and my servant will be healed."*

Invest just five minutes a day, and your faith will deepen and grow—a day at a time



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