

OT XII (A) Sunday > Homily ~ June 21, 2026.

On the Father's Day, the central message is simple yet powerful: "Do not be afraid." We hear these words repeatedly in the Gospel. Jesus knows that following Him is not always easy. He knows that His disciples - and we, His disciples today- will face opposition, misunderstanding, rejection, and even suffering. Yet three times He says, "Do not be afraid."

In the first reading, the prophet Jeremiah experiences ridicule and persecution because he speaks God's truth. People plot against him and attack his character. Yet Jeremiah does not give up because he trusts that God is with him. The Lord is his strength and protector.

The Responsorial Psalm expresses a similar experience. The psalmist feels abandoned and misunderstood, even by his own family. Yet he continues to place his trust in God, knowing that God's love is greater than human rejection.

In the Gospel, Jesus prepares His disciples for the challenges they will face in carrying out His mission. He tells them to proclaim the Good News boldly and without fear. To strengthen their confidence, He points to the sparrows. Not one sparrow falls to the ground without the Father's knowledge. If God cares for such small creatures, how much more does He care for each one of us? Jesus reminds us: “You are worth more than many sparrows.”

Many of our fears come from the possibility of loss. We fear losing our health, our reputation, our loved ones, our security, or our future. We worry about our children, our work, and the uncertainties of life. But today's Gospel invites us to remember that our lives are not in the hands of chance; they are in the hands of a loving Father.

This does not mean that we will never suffer. It means that whatever happens, God remains with us. He knows our struggles, our worries, and our tears. He never abandons His children.

Therefore, Jesus calls us not only to trust but also to witness courageously. In our families, workplaces, schools, and communities, we must not be afraid to live our faith, to speak the truth with love, and to stand for what is right.

As we celebrate this Eucharist, let us place all our fears before the Lord. Let us ask for the courage of Jeremiah, the trust of the psalmist, and the faith of the disciples. May we always remember the comforting words of Jesus: “Do not be afraid; you are worth more than many sparrows.”