

Sent to Heal

*A Missionary Commentary on the
Sunday Readings*

Sunday Readings

Exodus 19:2-6a

Psalm 100:1-2, 3, 5

Romans 5:6-11

Matthew 9:36–10:8

[USCCB link to the Sunday Readings](#)

We need air to breathe, water to drink, food to eat. What is more basic than these three building blocks of life is a personal relationship with God. Humanity broke that relationship with God. We call that original sin. But our sin did not, does not, and will not stop God from loving us. On Trinity Sunday we were reminded that God so loved the world that he sent his only begotten Son, not to condemn the world, but to save it – to rescue from peril, to preserve, to heal.

In the Gospel today, Jesus sends his “twelve disciples” on mission to “the lost sheep.” In what way are they lost? They are troubled. They are abandoned. Like sheep without a shepherd. Perhaps another image – like a ship without a rudder. Stuck. Suffering. No hope.

What are the disciples to do? Heal them. Heal them with a vision of a new world – the Kingdom of God. Heal them of every illness – of body, heart, and soul. Heal them so they can have life and have it abundantly.

We may feel stuck. Our suffering may consume our attention. We may be people without hope. The Kingdom of God is at hand. Believe. Make some changes. Be with other believers. Not only will you be healed, and discover new life, but you will become a healer. You will free those who are stuck. You will comfort and heal those who suffer. You will be a messenger, a Sower, a laborer of hope.

Notes on the Sunday Readings

First Reading

God choose Moses to lead the “house of Jacob,” Israel. His leadership relied on his personal relationship with God. His first job was to proclaim God’s vision for Israel.

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Psalm

The psalm celebrates our relationship with God. God made us. We belong to God. We are God's people. God will personally tend to us like a shepherd tends his flock.

Second Reading

St. Paul reminds us we have a choice and encourages us to be reconciled to God through Jesus Christ.

Gospel

Jesus is moved with pity at the sight of the crowd – they are troubled and abandoned like sheep without a shepherd. So, he instructs his followers to pray – the harvest is plentiful, but the laborers are few. He summons “his twelve disciples,” shares his authority, and sends them out “to the lost sheep.” Their mission is to proclaim the Kingdom of God, cure the sick, and drive out demons. Their mission is to give freely what they, themselves, have been given.

Connections

Go Forth ... begins with a first step. Here are a few ideas:

1. Invite someone to join you in the Mission Cafe to meet other seekers and pilgrims hungry for hope. Mission Cafe is a relaxed conversation about scripture readings, mission, and our longing for more. [Register here for the June 19th Mission Cafe](#). We begin at 8 pm ET.
2. You can get the most up-to-date information about **Go Forth...** on our webpage – <https://uscatholicmission.org/go-forth>. Be sure to subscribe to **Go Forth...** our podcast. You can find it wherever you get your podcasts.
3. God believes in you. God made you. God delights in you. God wants to be close to you and give you abundant life. Breathe. Clear your mind. What are you grateful for? Tell God.

Please pray for the missions.
God bless you in all the ways you **Go Forth...**



Go Forth ... is a service funded by the Catholic Communications Campaign and USCMA, *a community of faith leaders engaged in networking, formation, and advocacy for God's mission*. All who serve God's mission are welcome. Learn more at www.uscatholicmission.org or call 202-832-3112.

