**We are Divinely Valued**

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As followers of the Lord, we need to do good and put our trust in God.

* Psalm 125:1; “Those who put their trust in the Lord are like mount Zion, that cannot be shaken, that stands forever.”
* Isaiah 40:31; “But those who trust in the Lord for help will find their strength renewed. They will rise on wings like eagles; they will run and not get weary; they will walk and not grow weak.”
* Today’s psalm encourages us to call upon the Lord in faith in whatever we are going through. Our situation may seem unbearable, but the Lord that we trust and call upon will hear and respond to us. The Lord hears the cry of the poor always.
* Psalm 69:33-35; “See, you lowly ones, and be glad; you who seek God, may your hearts revive! For the Lord hears the poor, and His own who are in bonds He spurns not. Let the heavens and the earth praise Him, the seas and whatever moves in them!”
* We are called to trust always in the Lord. Though our circumstances can be unsettling or frightening, the Lord we trust ~~in~~ will always surround us with His care and favor.

1st Reading: Jeremiah 20:10-13; demonstrates the great faith of the prophet in the Lord, in spite of the difficult situation he finds himself among the people that he was living with.

* In his time, Jeremiah was terrified about all the evil things that were happening among the people. He saw a lot of people broken hearted in the land who should be filled with love for one another.
* The land of Israel which was once a land of hope, prosperity, love and creativity became something else because the people have abandoned the Lord that brought them joy.
* He was frustrated because of the opposition that he was facing. He was in anguish from his people because he was preaching the word of the Lord reminding them to go back to the Lord. In spite of all, he did not allow their attitude to distract him from the one true God whom he trusted so much. He was confident that God would come to his rescue.
* He had to confirm his trust in the Lord. He appreciated and had strength that God is with him who will protect him from the hands of his enemies.
* “But the LORD is with me, like a mighty champion: my persecutors will stumble, they will not triumph. In their failure they will be put to utter shame, to lasting, unforgettable confusion.”
* He showed his strong faith in the Lord.

2nd Reading: Romans 5:12-15; St Paul explains why the frustration and lack of peace in the world.

* It is because the world is going back into sin. Death came as a result of the sin of Adam, but Jesus has come to wipe away our sin and bring us back to the Father through His death on the Cross. He calls us to righteousness.
* Through the sacrificial death and resurrection of Jesus, God has granted the world forgiveness, reconciliation and abundant life.

Gospel: Matthew 10:26-33; Jesus encouraged His disciples to continue to proclaim the message of peace and love.

* He emphasized that they should not fear the world, but fear the one who holds the authority over the world. The world may have power over the flesh but God has power over both the body and soul. It is important to know that the loss of the soul is the worst thing that can happen to any human being.
* As followers of Jesus, we are loved and cared for by God.
* The message of hope in the Gospel, gives us the courage to persevere in doing good even when we face opposition.
* It makes us to trust in the Lord who is always faithful and always keeps His promises.
* We should trust Him who has brought us redemption and salvation through Jesus His Son.