



July 19, 2026

Sixteenth Sunday in Ordinary Time

Wis 12:13, 16-19 | Rom 8:26-27 | Mt 13:24-43

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

There have been moments in my life when I have not been able to find words for prayer, which leaves my efforts feeling unproductive and fruitless. But prayer's worth is not measured by the words we say. Prayer is the lifting of the mind and the heart to God. We place ourselves in the presence of God and allow our desires, our suffering, and our weakness to be transformed by his grace. In Saint Paul's Letter to the Romans he writes, "we do not know how to pray as we ought, but the Spirit himself intercedes with inexpressible groanings." In prayer, we place our hope in that what we bring to God will be heard and magnified by his divine grace. And as Christians, we live with the intention of pleasing God, and we trust that God transforms our actions into something meaningful as well. As the mustard seed grows into a large tree or a small teaspoon of yeast enlivens an entire loaf of bread, God takes what we offer – regardless of whether or not we have the right words, or even any words at all – and transforms it into something extraordinary.

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

In the first reading, we are reminded of God's leniency in the face of justice. God's mercy does not mean a lack of accountability – Christ desires and commands that we love God and love our neighbor. But in his mercy, he does not condemn us for our sin but rather gives time for us to repent. As a Christian community, we are called to show that same mercy – that same patient forbearance with one another. By doing so, the love of God ripples across a community through acts of charity and compassion, making individuals feel known and cared for. In this kind of environment, like the birds who find rest in the branches of the large mustard bush, all who seek the Lord will find a welcome among God's people.

PRAY

Prayer is not only offered in word but also in sacrifice offered on behalf of another. Today, think of someone who needs your prayers. Bring their intention to God either in word or by offering a sacrifice on their behalf, not thinking about what is equal but what reflects God's mercy.