
FR. MATTHEW'S DAILY REFLECTION

Wednesday, September 23, 2026 • Memorial of Saint Pio of Pietrelcina, Priest

TODAY'S READINGS

First Reading: Proverbs 30:5-9

Responsorial Psalm: Psalm 119:29, 72, 89, 101, 104, 163

Alleluia: Mark 1:15

Gospel: Luke 9:1-6

FIRST READING

Proverbs 30:5-9

Every word of God is tested;
he is a shield to those who take refuge in him.
Add nothing to his words,
lest he reprove you, and you will be exposed as a deceiver.

Two things I ask of you,
deny them not to me before I die:
Put falsehood and lying far from me,
give me neither poverty nor riches;
provide me only with the food I need;
Lest, being full, I deny you,
saying, "Who is the LORD?"
Or, being in want, I steal,
and profane the name of my God.

RESPONSORIAL PSALM

Psalm 119:29, 72, 89, 101, 104, 163

R. (105) Your word, O Lord, is a lamp for my feet.

Remove from me the way of falsehood,
and favor me with your law.

R. Your word, O Lord, is a lamp for my feet.

The law of your mouth is to me more precious
than thousands of gold and silver pieces.

R. Your word, O Lord, is a lamp for my feet.

Your word, O LORD, endures forever;
it is firm as the heavens.

R. Your word, O Lord, is a lamp for my feet.

From every evil way I withhold my feet,
that I may keep your words.

R. Your word, O Lord, is a lamp for my feet.

Through your precepts I gain discernment;
therefore I hate every false way.

R. Your word, O Lord, is a lamp for my feet.

Falsehood I hate and abhor;
your law I love.

R. Your word, O Lord, is a lamp for my feet.

ALLELUIA

Mark 1:15

R. Alleluia, alleluia.

The Kingdom of God is at hand;
repent and believe in the Gospel.

R. Alleluia, alleluia.

GOSPEL

Luke 9:1-6

Jesus summoned the Twelve and gave them power and authority
over all demons and to cure diseases,
and he sent them to proclaim the Kingdom of God
and to heal the sick.

He said to them, "Take nothing for the journey,
neither walking stick, nor sack, nor food, nor money,
and let no one take a second tunic.
Whatever house you enter, stay there and leave from there.
And as for those who do not welcome you,
when you leave that town,
shake the dust from your feet in testimony against them."

Then they set out and went from village to village
proclaiming the Good News and curing diseases everywhere.

FR. MATTHEW'S REFLECTION

Trust God, rely on his word, and let him provide what is needed.

Proverbs' is a prayer for neither riches nor poverty, but only "the food I need."

It is a prayer for freedom.

Too much can make us forget God.

Too little can tempt us to despair.

The wise person seeks not self-sufficiency but dependence on the Lord.

That same spirit appears in the Gospel.

Jesus sends the Twelve on mission and tells them to take nothing for the journey.

No extra money, no extra provisions, no backup plan.

Their security would not come from what they carried but from the One who sent them.

They were to discover that God's grace is enough.

Saint Pio of Pietrelcina lived this radical trust.

Through suffering, misunderstanding, and extraordinary spiritual gifts, he remained anchored in prayer and in the Lord's word.

The challenge for us is not that we carry too little, but that we often carry too much: worries about the future, anxieties about success.

Today Jesus invites us to travel more lightly.

He asks us to trust that God knows what we need and will provide the grace required for the mission he has given us.

As we celebrate Saint Pio, let us pray for hearts free from excessive attachment, and full of confidence in God's providence.

Reflection Questions

1. What am I carrying right now that God may be asking me to place more fully in his hands?
2. Do I sometimes place too much security in money, possessions, success, or having a backup plan?
3. Where in my life am I tempted to believe that I have to be completely self-sufficient?
4. What does it mean for me to "travel more lightly" in this particular season of my life?
5. How can Saint Pio's trust in God inspire me to rely more deeply on prayer and God's providence?
6. What is one worry or attachment I can consciously surrender to God today?