
FR. MATTHEW'S DAILY REFLECTION

Wednesday, October 14, 2026 • Wednesday of the Twenty-eighth Week in Ordinary Time

READINGS

Reading 1 • Galatians 5:18-25

Brothers and sisters:

If you are guided by the Spirit, you are not under the law.

Now the works of the flesh are obvious:

immorality, impurity, licentiousness, idolatry,

sorcery, hatreds, rivalry, jealousy,

outbursts of fury, acts of selfishness,

dissensions, factions, occasions of envy,

drinking bouts, orgies, and the like.

I warn you, as I warned you before,

that those who do such things will not inherit the Kingdom of God.

In contrast, the fruit of the Spirit is love, joy, peace,

patience, kindness, generosity,

faithfulness, gentleness, self-control.

Against such there is no law.

Now those who belong to Christ Jesus have crucified their flesh

with its passions and desires.

If we live in the Spirit, let us also follow the Spirit.

Responsorial Psalm • Psalm 1:1-2, 3, 4, 6

R. (see Jn 8:12) Those who follow you, Lord, will have the light of life.

Blessed the man who follows not

the counsel of the wicked

Nor walks in the way of sinners,

nor sits in the company of the insolent,

But delights in the law of the LORD

and meditates on his law day and night.

R. Those who follow you, Lord, will have the light of life.

He is like a tree

planted near running water,

That yields its fruit in due season,

and whose leaves never fade.

Whatever he does, prospers.

R. Those who follow you, Lord, will have the light of life.

Not so the wicked, not so;

they are like chaff which the wind drives away.

For the LORD watches over the way of the just,

but the way of the wicked vanishes.

R. Those who follow you, Lord, will have the light of life.

Alleluia • John 10:27

R. Alleluia, alleluia.

My sheep hear my voice, says the Lord;

I know them, and they follow me.

R. Alleluia, alleluia.

Gospel • Luke 11:42-46

The Lord said:

"Woe to you Pharisees!

You pay tithes of mint and of rue and of every garden herb,

but you pay no attention to judgment and to love for God.

These you should have done, without overlooking the others.

Woe to you Pharisees!

You love the seat of honor in synagogues

and greetings in marketplaces.

Woe to you!

You are like unseen graves over which people unknowingly walk."

Then one of the scholars of the law said to him in reply,

"Teacher, by saying this you are insulting us too."

And he said, "Woe also to you scholars of the law!

You impose on people burdens hard to carry,

but you yourselves do not lift one finger to touch them."

FR. MATTHEW'S REFLECTION

In the first reading, St. Paul presents two contrasting ways of living.

On one side are the "works of the flesh": jealousy, selfishness, anger, division, and impurity.

On the other side is the beautiful "fruit of the Spirit": love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

What is driving my life?

Works of the flesh or fruit of the Spirit?

Appearances or authenticity?

Fruits grow organically from a healthy tree.

When we remain rooted in Christ, virtues gradually emerge in our lives.

The Responsorial Psalm uses the same image.

The righteous person is "like a tree planted near running water."

Such a tree remains green even during difficult seasons because its roots reach a hidden source of life.

Where are our roots?

In success, status, wealth, popularity, or public approval?

These things can disappear overnight.

But the person rooted in God remains steady even when life becomes difficult.

Jesus criticizes people whose roots had become misplaced.

The Pharisees, at first glance, appeared very religious.

They observed every detail of the law.

But Jesus sees beneath the surface.

He tells them, "You pay no attention to judgment and to love for God."

People who reduced religion to external performance!

Meticulous about minor regulations while neglecting mercy, justice, and genuine love!

Likewise, we can attend Mass regularly but fail to forgive a family member.

REFLECTION QUESTIONS

- Am I becoming more loving?
- Am I growing in patience?
- Is there more peace in my heart today than a year ago?
- Am I more gentle, more forgiving, more compassionate?
- Do people encounter Christ when they encounter me?