

Twenty-ninth Sunday in Ordinary Time/World Mission Sunday

October 19, 2025

Remaining faithful.

The staff of God in my hand.

Pray unceasingly.

Rvb.

“Jesus told his disciples a parable about the necessity for them to pray always without becoming weary.”

Do you meditate at least once a day for 20 minutes, more or less? Meditative prayer helps us stay in touch with the divine-indwelling, to enter a Christ-consciousness, and in the words of Thomas Merton, “In deep solitude I find the gentleness with which I can love my brother and sister.” Meditation becomes a bridge between the inner and the outer self, a way of bringing an awareness of God into everyday life. It is the opposite of selfishness. Christ-centered meditation makes us less judgmental, more compassionate in our relationship with others. Meditative prayer silences us so we can begin to hear the voice of the Lord or feel his presence.

In the Western spiritual tradition, several forms of meditative prayer have emerged:

- 1. Discursive prayer involves a certain amount of reasoning and thinking about scriptures which is the focus of today’s second reading.**
- 2. Affective prayer is repeating certain key words, such as Jesus, God, and Come Holy Spirit.**

3. Intuitive prayer is known as the prayer of simplicity, of the heart, of simplicity, of simple regard, and acquired contemplation wherein we remain still in the fullness of silence. Practice is easily justifiable.

Evelyn Underhill, a writer of spiritual traditions says of “affective” prayer – “These practices are easily justifiable, not that they have in themselves, as material gestures, any religious value at all, but because they bring about in us a harmony that is a prerequisite for the life of the Spirit.”

Try meditating each day for about 20 minutes. Experiment with discursive prayer, intuitive prayer, and repetitive. Which one will you be more comfortable with? The word meditation comes from “stat” “in medio” = to stand in the middle – balance. Contemplation originates from the Con=Point between our two Temples(templation).

World Mission Sunday – October 19, 2025

A Day That Makes a Real Impact Thanks to the generosity of Catholics in the United States, in 2024 World Mission Sunday helped: Support the formation of 82,498 seminarians, sustain the work of 258,540 religious sisters, equip 843,785 catechists, maintain 8,749 orphanages and shelters for children, build 570 new churches.

This will be the first World Mission Sunday under Pope Leo XIV, the first pope from the United States, and the first in modern times to have spent most of his priestly life as a missionary. His pastoral experience in Peru gives weight to his words when, on May 22, 2025, he described the Pontifical Mission Societies as “the primary means for awakening missionary responsibility among all the baptized [and for] supporting ecclesial communities in areas where the Church is young.”

“It is in Jesus that we live, move, and have our being” – Jesus is with us unceasingly, and thus we are with Jesus – “The eye with which

Jesus sees us is the same eye with which we seek Jesus.” – Meister Eckhart.

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-rvb.

Reading 1

Exodus 17:8-13

In those days, Amalek came and waged war against Israel.

Moses, therefore, said to Joshua,

"Pick out certain men,

and tomorrow go out and engage Amalek in battle.

I will be standing on top of the hill

with the staff of God in my hand."

So Joshua did as Moses told him:

he engaged Amalek in battle

after Moses had climbed to the top of the hill with Aaron and Hur.

As long as Moses kept his hands raised up,

Israel had the better of the fight,

but when he let his hands rest,

Amalek had the better of the fight.

Moses' hands, however, grew tired;

so they put a rock in place for him to sit on.

Meanwhile Aaron and Hur supported his hands,

one on one side and one on the other,

so that his hands remained steady till sunset.

And Joshua mowed down Amalek and his people

with the edge of the sword.

A reflection, exegesis, and commentary on the scriptures.

The word “mowed” down Amalek and his people with the edge of a sword sounds rather barbarian, ruthless, and immoral – I wonder if they would have acted this way if they would have consulted the Principles of a Just War? What was their historical context? War breaks out between two warring Bedouin tribes. It appears Moses and Joshua are responding in self-defense. Moses, as mediator or intercessor, exhibits God’s protection of his people from the Amalekites, a nomad tribe who controlled the caravan routes between Arabia and Egypt. As the leader of his people, Moses raises his arms in prayer, and Israel has its first military victory since their leaving the oppression of Pharaoh in Egypt. Moses selects a high spot, and like the army commanders of his day, holds a staff in his hand believed to be the staff of God, and with it he storms heaven praying for a victory. Perhaps this skirmish or battle reminds us of the unfortunate warring factions and feelings within us which are where we need to look first. There is an enemy that lurks within each of us. As Pogo in the cartoon strip reminds us, “We have found the enemy, they are us.” Thus, battles wage in the world today between war and peace in the battle of life. God is with us as evidenced in the responsorial psalm “Our help is from the Lord who made heaven and earth...The Lord will guard you from all evil; he will guard your life.” Perhaps

Moses would have prayed this prayer: “Take from us, O God, all moral cowardice...Confirm in us your spirit of integrity, that when we know what is right, we may do it. Give us confidence that truth will prevail, so we may be loyal to truth and thus to you who are Truth. Grant that what we ask others to do, we may do ourselves so that righteousness and peace may dwell in our land and the joy of the Lord be our strength under God.” – John B. Coburn. Perhaps political leaders should begin each session each day with this prayer.

Principles of a Just War

1. **Just Cause:** force may be used only to correct grave, public evil, i.e. aggression or massive violation of the basic rights of a whole population.
2. **Comparative Justice:** while there may be rights and wrongs on all sides of a conflict, to override the presumption against the use of force the injustice suffered by one part must significantly outweigh that suffered by another.
3. **Legitimate Authority:** only duly constituted public authorities may use deadly force or wage war.
4. **Right Intention:** force may be used only in a truly just cause and solely for that purpose.

5. **Probability of Success:** arms may not be used in a futile cause or in a case where disproportionate measures are required to achieve success.
6. **Proportionality:** the overall destruction expected from the use of force must be outweighed by the good to be achieved.
7. **Last Resort:** force may be used only after all peaceful alternatives have been seriously tried and exhausted.
8. **Noncombatant Immunity:** civilians may not be the object of direct attack, and military personnel must take care to avoid and minimize indirect harm to civilians.

These criteria, taken as a whole, must be satisfied to override the strong presumption against the use of force. -Resource: Oxford Dictionary of Philosophy

Responsorial Psalm

Psalm 121:1-2, 3-4, 5-6, 7-8

R.(cf. 2) Our help is from the Lord, who made heaven and earth.

I lift up my eyes toward the mountains;

whence shall help come to me?

My help is from the LORD,

who made heaven and earth.

R. Our help is from the Lord, who made heaven and earth.

May he not suffer your foot to slip;

may he slumber not who guards you:

indeed he neither slumbers nor sleeps,

the guardian of Israel.

R. Our help is from the Lord, who made heaven and earth.

The LORD is your guardian; the LORD is your shade;
he is beside you at your right hand.
The sun shall not harm you by day,
nor the moon by night.
R. Our help is from the Lord, who made heaven and earth.
The LORD will guard you from all evil;
he will guard your life.
The LORD will guard your coming and your going,
both now and forever.
R. Our help is from the Lord, who made heaven and earth.

Reading 2

2 Timothy 3:14-4:2

Beloved:

**Remain faithful to what you have learned and believed,
because you know from whom you learned it,
and that from infancy you have known the sacred Scriptures,
which are capable of giving you wisdom for salvation
through faith in Christ Jesus.**

All Scripture is inspired by God
and is useful for teaching, for refutation, for correction,
and for training in righteousness,
so that one who belongs to God may be competent,
equipped for every good work.

I charge you in the presence of God and of Christ Jesus,
who will judge the living and the dead,
and by his appearing and his kingly power:
proclaim the word;
be persistent whether it is convenient or inconvenient;
convince, reprimand, encourage through all patience and teaching.

A reflection, exegesis, and commentary on the scriptures.

In the second reading from 2 Timothy, Paul focuses on the power of God's Word which is useful for "reproof, correction, and training for teaching." Whenever and wherever, we are to be the living manifestation of God's Word made flesh in us. However, when reading the Bible avoid the following pitfalls: "bible roulette" which means seeking guidance or a message from God by letting your finger fall where it may; "proof texts" is taking the passage out of context to prove your point; "bibliolatry" declares that if it is not in the Bible it is not so; and "fundamentalism" interprets everything in the bible literally – everything is black and white instead of the infinite variety of shades of gray. – Frs. Paul Wharton and George Martin.

Stay close to the scriptures as regimen, a routine, and select your favorite scripture passages as today's reading emphasizes:

"Remain faithful to what you have learned and believed, because you know from whom you learned it, and that from infancy you have known the sacred Scriptures, which are capable of giving you wisdom for salvation through faith in Christ Jesus."

Thus, here are selective iconic bible quotes to help us be faithful to what we have learned and believed according to 2 Timothy.

1. " For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life." John 3:16.

Known For: Summing up the Gospel and Jesus' coming to earth.

2. **"And we know that in all things God works for the good of those who love Him, who have been called according to His purpose."**
Romans 8:28.
Popular For: Being an encouraging verse during difficult times.
3. **"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future."**
Popular For: Giving hope to those who may be facing a tough situation.
4. **"I can do all this through Him who gives me strength." Philippians 4:13**
Popular For: Reminding people that they can conquer anything with God.
5. **"Trust in the LORD with all your heart and lean not on your own understanding" Proverbs 3:5.**
Popular For: Putting your trust in a higher being because humans are fallible and sometimes lack discernment.
6. **"In the beginning, God created the heavens and the earth." Genesis 1:1**
Popular For: Being the first verse in the bible. In the Christian faith, it explains the start of all of humanity and the world.
7. **"Do not conform any longer to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — His good, pleasing, and perfect will." Romans 12:2**
Popular For: Warning against chasing worldly things like power and money and instead putting trust in God's will for one's life.

8. **"Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God."**
Philippians 4:6
Popular For: Being a comforting verse when one is facing anxious thoughts and difficult situations.
9. **"In all your ways, submit to Him, and He will make your paths straight."** Proverbs 3:6
Popular For: Encouraging one to trust God to help make decisions and fill one's life with purpose.
10. **"Love is patient, Love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."** 1 Corinthians 13:4-7
Popular For: Explaining what love is through Christian faith and God's lens.

Alleluia

[Hebrews 4:12](#)

R. Alleluia, alleluia.

**The word of God is living and effective,
discerning reflections and thoughts of the heart.**

R. Alleluia, alleluia.

Gospel

[Luke 18:1-8](#)

**Jesus told his disciples a parable
about the necessity for them to pray always without becoming weary.**

**He said, "There was a judge in a certain town
who neither feared God nor respected any human being.
And a widow in that town used to come to him and say,
'Render a just decision for me against my adversary.'**

For a long time the judge was unwilling, but eventually he thought,
'While it is true that I neither fear God nor respect any human being,
because this widow keeps bothering me
I shall deliver a just decision for her
lest she finally come and strike me.'
The Lord said, "Pay attention to what the dishonest judge says.
Will not God then secure the rights of his chosen ones
who call out to him day and night?
Will he be slow to answer them?
I tell you, he will see to it that justice is done for them speedily.
But when the Son of Man comes, will he find faith on earth?"

A reflection, exegesis, and commentary on the scriptures.

In the Gospel of Luke, to illustrate the need for persistent prayer, Luke introduces a parable which has no parallel in the other Gospels. The judge is morally corrupt. The widow has an intriguing hidden agenda. She comes for vindication, so the judge finally answers her. She wears him out with her persistence. When it comes to prayer, we would probably wear ourselves out before we would wear God out! Rabbi Heschel said, "To avoid prayer constantly is to force a gap between us and God which can widen into an abyss.

In the Gospel, the widow's persistence with the judge models the quality of our prayer life, that is we should persevere in prayer with an insatiable thirst, faithful heart, and willing spirit. The scriptures offer us many

examples into the secret of persevering in prayer and “praying unceasingly” (Thessalonians 5:17).

In other Epistles, we read:

“Praying always with all supplication in the spirit” (Ephesians 6:18).

“Continue in prayer and be watchful” (Colossians 4:2).

“Continuing to remain in prayer” (Romans 12:12).

Jesus emphasizes and promotes the need or constancy and persistency in prayer as evidenced in today’s Gospel who won over the unrighteous judge by the widow’s persistence. Unceasing prayer is not an accidental prescription, but an essential characteristic of the Christian spirit. The life of a Christian according to Paul is “to hide with Christ in God” (Colossians 3:3).

Thus, the Christian is challenged to live in God continuously with mindfulness, attention, and feeling. This is possible because God is closer to us than we are to our very selves, and the Holy Spirit continually prays within us whether we know it and feel it consciously or unconsciously. St. Basil the Great addressed the challenge of how the Apostles can pray

unceasingly: “In everything they did, they thought of God and lived in constant devotion to Him.

Final prayer: Let us pray to be lifted into the presence of God who stirs within the depths of our heart and soul so we may have an unceasing intimate conversation with the one whom we love. Amen.