Hosea 14: 2-10 Psalm 50: 3-4, 8-9, 12-14, 17. Matt 10: 16-23

Hosea urges, "Israel, come back to the Lord your God. Your iniquity was the cause of your discomfort." After many exhortations, he concludes, "Let the wise man understand these words...For the ways of the Lord are straight and virtuous. Men walk in them but sinners stumble."

Hosea is calling the people to repentance, to recognise God's goodness and greatness, give thanks in the form of praise and walk in the ways of the Lord.

Psalm 50 (Of the day) offers a prayer for change. "Give me again the joy of your help; With a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise."

In the Gospel, Jesus instructs the Apostles, "Remember, I am sending you out like sheep among wolves. So be cunning as serpents yet harmless as doves." He then cautions them about the cost of proclaiming his name. Finally, he encourages them in the way forward. "Do not worry about how to speak...The Spirit of your father (God) will be speaking in you.....The man who stands firm to the end will be saved." Jesus' Apostles cannot finish his work by themselves. He says, "I tell you solemnly, you will not have gone the round of the towns of Israel before the Son of Man comes." BUT, in the words of the Alleluia verse, "The Word of the Lord remains forever. What is this Word? It is the Good News that has been brought to you." The 'you,' like the Apostles, is us and all who follow Jesus, and so we are asked to proclaim it too!