Are not two sparrows sold for a small coin?  
Yet not one of them falls to the ground without your Father's knowledge....  
So do not be afraid; you are worth more than many sparrows.

Matthew 10
and gives them the power to heal and to proclaim, “The Kingdom of heaven is at hand.” They are sent to “Cure the sick, raise the dead, cleanse the lepers, drive out demons.” And they are not to charge for their ministry. They are to be discerning: “Behold, I am sending you like sheep in the midst of wolves; so be shrewd as serpents and simple as doves.” He tells them that they will be persecuted, “but whoever endures to the end will be saved.” Jesus tells them to not be afraid for God will protect them.

On the Fifteenth Sunday in Ordinary Time we read Mark's version of the call of the Twelve - sending them out in teams of two with his healing power and his authority over unclean spirits. He told them “to take nothing for the journey.” God would take care of them.

Today, Jesus, I place my trust in you.”

In these simple prayers we find ourselves having a new focus each day. While continuing to be busy and doing what we are committed to doing, our days are transformed. In brief conversations with Jesus, our hearts and desires become more closely aligned with his. Practicing this kind of prayer is very fulfilling and soon becomes a habit. We become more reflective as we grow in intimacy with our Lord, in the midst of our daily lives.

As we review our day each evening before going to bed, we recognize God's presence with us that day. Expressing our gratitude each night claims the graces we have received and helps us trust God's presence in our lives more and more.