



74th Year

June 21, 2026

Pamphlet #25 (3812)

THE SUNDAY GOSPEL (Matthew 6:22-33)

Care for the soul

The Lord said, "The eye is the lamp of the body. So, if your eye is sound, your whole body will be full of light; but if your eye is not sound, your whole body will be full of darkness. If then the light in you is darkness, how great is the darkness! No one can serve two masters; for either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve God and mammon. Therefore I tell you, do not be anxious about your life, what you shall eat or what you shall drink, nor about your body, what you shall put on. Is not life more than food, and the body more than clothing? Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And which of you by being anxious can add one cubit to his span of life? And why are you anxious about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. But if God so clothes the grass of the field, which today is alive and tomorrow is thrown into the oven, will he not much more clothe you, O men of little faith? Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear? For the Gentiles seek all these things; and your heavenly Father knows you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well."

HEALTHY SPIRITUAL VISION

With today's Gospel reading, which comes from the Sermon on the Mount, a question is raised that touches the depths of human existence: do we truly have a bright, healthy spiritual vision in order to see things correctly – ourselves, others, life itself, the world around us, and God, who brought us from non-existence into existence? The Lord teaches that the lamp, the light of the body, is the eye. If the eye is healthy, the whole person is full of light; but if the eye is damaged, the whole person is plunged into darkness.

The same applies to the spiritual condition of a human being. Therefore, the mind of a person – which, in a word, is the eye of the soul – must be luminous, healthy, and pure in order to discern things correctly. The lamp, the light that guides a person's conscience to distinguish what is good or evil, what is true or false, is an inner spiritual sense that develops and is cultivated through the grace of God and the cooperation of the human being. A believer with enlightened spiritual vision turns lovingly toward God and constantly seeks His presence. He strives for his way of life and his relationship with others to be shaped by the Gospel of Christ and His divine commandments. His life is characterized by diligence and struggle, to the extent that it depends on him, to live in peace with everyone (Romans 12:18), having love and sincerity, forgiveness, understanding, and solidarity.

The luminous eye of the soul

A fundamental factor in preserving the health of the eye of the soul is watchfulness and prayer, as a fruit of deep faith and continuous spiritual struggle. Watchfulness (*nipsis*) is alertness and vigilance over our inner state, the guarding of the mind so that it remains unharmed by sin and passions, and the effort to remain in God. Prayer, on the other hand, is union and communion with God, an expression of love toward Him. For if

we truly desire to pray, it means that we indeed love Him. The measure and quality of our prayer also reveal the measure of our love for God. Thus, the believer understands the wisdom of the Desert Fathers who say: "Attention that seeks prayer will find prayer" (St. Nilus the Ascetic), so that the mind may be preserved healthy, sound, and the whole person kept intact.

Trust in God

The believer with the enlightened spiritual eye gains the ability to place life's values and priorities in the proper order. Therefore, in contrast to the anxious care that torments people without a living faith in God, when it comes to life and the various problems of their daily routine, a person entrusts himself to the providence and love of God, as the Church urges us: "let us commit our whole life to Christ our God." Of course, this does not mean that the believer is unrealistic or that he will stop working out of indifference and laziness. On the contrary! After all, the Lord Himself worked for a long period, even with manual labor. Moreover, the reference He makes in our passage to the lack of (care) and concern in the birds of the air and the lilies of the field is by no means an encouragement to laziness or negligence. "The birds of the air," writes the blessed Archbishop Anastasios of Albania, "are anything but lazy. All day long they fly, using their alertness, their beak, their wings. The lilies of the field continuously make use of their abilities; they draw in nutrients and oxygen. Yet they do all this simply, calmly, and naturally."

Peace and balance in life

In a similar way, a person ought to toil, to work, to care, not only for himself but also for the needs of his fellow men, yet without anxiety, oppression, or attachment to material things, which becomes idolatry (Colossians 3:5); without being worn down by anxious worry and thus being led more quickly to death. The believer, filled with the peace of God, which above all consists

in the presence of Christ in a person's life, seeks the coming of the Kingdom of God and His will in the world, and knows that God will also fill us with both His heavenly and earthly blessings.

Archimandrite N. K.

June 21, 2026: 3rd Sunday of Matthew
Julian the Martyr (3rd-4th century), Terentius the Hieromartyr (1st c.),
Niketas the Hieromartyr of Nisyros († 1732).

2nd Tone – Eothinon: 3 – Epistle: Romans 5:1-10
– Gospel: Matthew 6:22-33

NEXT SUNDAY: June 28, 4th Sunday of Matthew
Epistle: Romans 6:18-23 – Gospel: Matthew 8:5-13

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