

GOSPEL MESSAGE

June 7, 2026

LECTIONARY 10

To Be Well

The fourteenth-century mystic Julian of Norwich is famous for writing about a vision of Jesus assuring her that “all shall be well, and all shall be well, and all manner of thing shall be well.”

Jesus, in today’s reading, is deeply concerned with the matter of wellness. He uses a metaphor of illness and wellness to defend his decision to keep fellowship with those whom society has rejected, despised, or cast out. Just a few verses later, Jesus performs two intertwined acts of healing, saying to one of the individuals, “Take heart, daughter; your faith has made you well” (Matthew 9:22).

Wellness, for Jesus, is a holistic endeavor. Physical health is one part of the equation, but so are spiritual wholeness, mental and emotional well-being, financial stability, and health in relationships and society. Jesus does not limit his work to any one of these areas. Consistently in the gospels, Jesus is concerned with all aspects of life. He recognizes and works to dismantle all kinds of barriers to full, whole, peaceful living.

Too often, our contemporary society exploits the idea of wellness to sell us a product, to market an unattainable lifestyle, or to guilt us into a particular set of behaviors. Jesus, however, is not trying to sell us something. Jesus invokes wellness as a way of assuring us that he cares deeply about our whole being, and that every part of us is worthy of God’s care and keeping. Jesus desires that we be at peace in our bodies, minds, spirits, and relationships.

When our world and our lives are difficult and painful, we can turn again and again to scripture, which witnesses to Jesus’ deep compassion, empathy, and care for us. He is a living sign of God’s power to comfort and heal. He is our living sign and symbol of resurrection and restoration. He is the embodiment of our divine assurance that all manner of things will, one day, be well, and whole, and at peace.

From sundaysandseasons.com.

Copyright © 2026 Augsburg Fortress. All rights reserved.