



Daily Reflections

August 11, 2017

Scripture

Matthew 16: 24-28

Jesus said to his disciples,

"Whoever wishes to come after me must deny himself,
take up his cross, and follow me.

For whoever wishes to save his life will lose it,
but whoever loses his life for my sake will find it.

What profit would there be for one to gain the whole world
and forfeit his life?

Or what can one give in exchange for his life?

For the Son of Man will come with his angels in his Father's glory,
and then he will repay each according to his conduct.

Amen, I say to you, there are some standing here
who will not taste death

until they see the Son of Man coming in his Kingdom."

Our Scripture Reflection

Jesus' words in today's Gospel text are difficult for the contemporary ear to hear given the obsession in our culture with "self." However, if we are to experience true peace and lasting joy, His way must become our way. Please note: He never promised it would be easy. There is a cost to true discipleship, for sure.

No cross, no crown.

Food for your Journey

The burgeoning number of [spa] treatments is part of Americans' growing fondness for "little luxuries," including \$3 coffee drinks at Starbucks, that don't "break the bank," says Northwestern University marketing professor Mohan Sawhney. "But if tomorrow the stock market dives and we go into a recession, a lot of this stuff will start to disappear. There will be a lot of empty spas." For now, though, Americans are forking over \$35 for pedicures without getting cold feet. "We're more oriented toward entitlement than deprivation," says Boston psychoanalyst Stephan A. Appelbaum.

--Karen Springen, "It's a Feel-Good Millennium: Putting the 'Mass' Into 'Massage,'" Newsweek, January 18, 1999, 12.

A Prayer from the Heart

Dear Jesus, Please give me the courage and selflessness I need to pick up my cross this day and follow You. May I put You above all things. Amen.