



Daily Reflections

December 13, 2017

Scripture

Matthew 11: 28-30

Jesus said to the crowds:

"Come to me, all you who labor and are burdened,
and I will give you rest.

Take my yoke upon you and learn from me,
for I am meek and humble of heart;
and you will find rest for yourselves.

For my yoke is easy, and my burden light."

Our Scripture Reflection

How is Jesus' burden light? Compared to the 613 commandments that the Pharisees required their followers to obey, Jesus' command to love God, neighbor and self was certainly less complicated. But to love is also easier and rewarding. Try one, simple, inexpensive act of love towards someone today and watch a miracle happen right before your very eyes. I will bet you can't do just one! May Our Lord be pleased as you do.

Food for your Journey

People talk about the daily grind, where one day folds into another, and there doesn't seem to be much purpose in life. The daily can get quite oppressive. I think everybody goes in and out of that state where it seems intolerable, especially since our culture encourages us to devalue it. Watch television and

you'll see that the daily is the realm of the boring stuff, while the important stuff happens when we are partying or on vacation or doing something out of the ordinary.

But it's a self-defeating way to look at things because the daily is where we live most of the time. We have to do the dishes. We have to do the laundry. We can either regard these things as a terrible burden, or we can cultivate a sense that the daily can be more than it seems. Sometimes it is going to seem like a grind, but we should try to be receptive to the times when something else, maybe something sacred, breaks through. ... In Orthodoxy, G.K. Chesterton said that though God makes daisies every day, he never gets tired of making them. That is God's strength -- to exult in the daily rather than to despair over it.

--Kathleen Norris, "The Dakotas, the dishes and the divine," Bearings Online, December 7, 2015.

collegevilleinstitute.org. Retrieved March 27, 2017.

A Prayer from the Heart

Precious Lord, Fill my heart with love and help me to show Your love by doing one kind deed for someone in need. In so doing may I reveal Your Presence to them. Amen.