



# Daily Reflections

**January 5, 2018**

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## Scripture

### **1 John 3: 11-21**

Beloved:

This is the message you have heard from the beginning:

we should love one another,  
unlike Cain who belonged to the Evil One  
and slaughtered his brother.

Why did he slaughter him?

Because his own works were evil,  
and those of his brother righteous.

Do not be amazed, then, brothers and sisters, if the world hates you.

We know that we have passed from death to life  
because we love our brothers.

Whoever does not love remains in death.

Everyone who hates his brother is a murderer,  
and you know that no murderer has eternal life remaining in him.

The way we came to know love  
was that he laid down his life for us;  
so we ought to lay down our lives for our brothers.

If someone who has worldly means  
sees a brother in need and refuses him compassion,  
how can the love of God remain in him?

Children, let us love not in word or speech  
but in deed and truth.

Now this is how we shall know that we belong to the truth

and reassure our hearts before him  
in whatever our hearts condemn,  
for God is greater than our hearts and knows everything.  
Beloved, if our hearts do not condemn us,  
we have confidence in God.

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## **Our Scripture Reflection**

John teaches us a very important lesson on sin. One does not break the influence of anger and hatred through anger and hatred. The only way to break the influence of sin and evil is by living their opposite...love. That's what Our Lord did when He gave His life on Calvary.

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## **Food for your Journey**

In his book, *Wishful Thinking Transformed by Thorns*, Frederick Buechner argues that of the seven deadly sins, anger is possibly the most fun (117). To lick your wounds, to smack your lips over grievances long past, to roll over your tongue the prospect of bitter confrontations still to come, to savor to the last toothsome morsel both the pain you are given and the pain you are giving back — in many ways it is a feast fit for a king.

The chief drawback, he goes on to say, is that what you are wolfing down is yourself. The skeleton at the feast is you.

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## **A Prayer from the Heart**

Dear Lord, I understand that I am unable to do anything without Your help,  
so I ask You to enable me by Your grace to fulfill your will.

Give me grace to do whatever brings most glory and honor to,

You and life and love to others.

Help me to number my days,

spending my time wisely,

living my life with all my might while I still have breath.

Humble me in the knowledge that I am chief of sinners;

when I hear of the sins of others,  
help me to not look upon them with pride,  
but to look upon myself with shame,  
confessing my own sins to You.

When I go through difficulties and trials,  
remind me of the pains of hell  
from which You have promised to deliver me.

Place people in my path who need my help,  
and give me a compassionate and generous spirit.

Fill my heart with such love  
that I would never do anything out of a spirit of revenge,  
nor lose my temper with those around me.

Hold my tongue when I am tempted to speak evil of others.

Thank You for the Gospel and for the hope of glory.

Help me to live in light of these truths every day of my life,  
so that when the time of my death arrives,

I will rest assuredly in You,  
and You will be most glorified in me. Amen