



Daily Reflections

January 11, 2018

Scripture

Mark 1: 40-45

A leper came to him and kneeling down begged him and said,
"If you wish, you can make me clean."

Moved with pity, he stretched out his hand,
touched the leper, and said to him,

"I do will it. Be made clean."

The leprosy left him immediately, and he was made clean.

Then, warning him sternly, he dismissed him at once.

Then he said to him, "See that you tell no one anything,
but go, show yourself to the priest

and offer for your cleansing what Moses prescribed;
that will be proof for them."

The man went away and began to publicize the whole matter.

He spread the report abroad

so that it was impossible for Jesus to enter a town openly.

He remained outside in deserted places,

and people kept coming to him from everywhere.

Our Scripture Reflection

"I do will it", is an emphatic response on Jesus' part to the desperate leper. Mark makes it very clear that Jesus wants us to be well. He has work for us to do. In Our Lord's eyes, we all have a purpose and that purpose is to proclaim the Kingdom of God through our words and actions.

Food for your Journey

True change requires more than experimenting with isolated attempts to alter automatic reflexes; it involves replacing old behaviors with new ones that eventually become as natural and comfortable as the old ones. It is more than quietly stealing away from the hostile dog; it is learning how to make friends with that dog and take it for a walk.

—Jerold Kreisman and Hal Straus, *I Hate You – Don't Leave Me* (New York: Harper Collins Publishers, 1989), 92.

A Prayer from the Heart

Dear Jesus, I pray for health and peace this day so that I may be able to joyfully witness to You in all that I do. Amen