



Daily Reflections

February 20, 2018

Scripture

Isaiah 55: 10-11

Thus says the LORD:
Just as from the heavens
the rain and snow come down
And do not return there
till they have watered the earth,
making it fertile and fruitful,
Giving seed to the one who sows
and bread to the one who eats,
So shall my word be
that goes forth from my mouth;
It shall not return to me void,
but shall do my will,
achieving the end for which I sent it.

Our Scripture Reflection

God's will for our salvation is resolute. Unlike politicians who promise the good life but look out for their own interests, God always thinks about us. He showed the depth of His love by giving us His only Son Who gave His life for us. The Church is our way of celebrating and thanking God for this wonderful Truth.

Food for your Journey

It has long been thought that regular attendance at religious services provides a spiritual background of support that aids good health. Studies have shown that people who attend services frequently have less anxiety, depression and substance abuse, lower blood pressure, fewer strokes and fewer suicides than those who are not so regular. It's not surprising, therefore, that a recent large study of people over 65 from the Bible Belt in the USA showed prolonged survival in those who were frequent attendees at church.

The survey was done in subjects selected by Duke University researchers as part of a project supported by the National Institute of Aging... .

Over the 6-year follow-up period, frequent attendees were 46% less likely to die than infrequent attendees. Even taking into account all the possible confusing factors that might affect the results (e.g., poor health or disability preventing attendance at church), there was still a 28% improved survival in frequent attendees.

--"Frequent churchgoers live longer," Novartis Foundation for Gerontology, HealthandAge.com. Retrieved January 14, 2002.

A Prayer from the Heart

Heavenly Father, Thank You for the gift of Your love in Jesus Christ. Help me as I journey through Lent, to give my heart completely to You. May I spend my time loving You by loving Your people. Amen