



# Daily Reflections

**May 23, 2018**

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## Scripture

### **James 4: 13-17**

Beloved:

Come now, you who say,

"Today or tomorrow we shall go into such and such a town,  
spend a year there doing business, and make a profit"–

you have no idea what your life will be like tomorrow.

You are a puff of smoke that appears briefly and then disappears.

Instead you should say,

"If the Lord wills it, we shall live to do this or that."

But now you are boasting in your arrogance.

All such boasting is evil.

So for one who knows the right thing to do  
and does not do it, it is a sin.

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## Our Scripture Reflection

James takes to task certain members of the community who are so full of themselves that they are presumptuous towards God. In their arrogance they fail to acknowledge God's providence over them, and specifically, to see every day as a gift from God. So often we fail to remember that we are nothing without the Lord's Grace. Every breath, every beat of the heart, every step we take is a gift from our God who is so generous to each of us. How can we not say "Thank You"?

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## **Food For Your Journey**

These are two things: sin and repentance. Sin is a wound; repentance is a medicine. Just as there are for the body wounds and medicines, so for the soul are sins and repentance.

--John Chrysostom.

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## **A Prayer from the Heart**

Dear Lord, Teach me to offer You a heart of thanksgiving and praise in all my daily experiences of life. Teach me to be joyful always, to pray continually and to give thanks in all my circumstances. Amen