



Daily Reflections

June 22, 2018

Scripture

Matthew 6: 19-23

Jesus said to his disciples:

"Do not store up for yourselves treasures on earth,
where moth and decay destroy, and thieves break in and steal.

But store up treasures in heaven,

where neither moth nor decay destroys, nor thieves break in and steal.

For where your treasure is, there also will your heart be.

"The lamp of the body is the eye.

If your eye is sound, your whole body will be filled with light;

but if your eye is bad, your whole body will be in darkness.

And if the light in you is darkness, how great will the darkness be."

Our Scripture Reflection

"Where your treasure is, there also your heart will be.": God is so good to us. He gives us life in this big beautiful world and blesses us with many other gifts as well. The problem is we fall in love with the many gifts we receive and fail to love adequately the Giver of the gifts. It is difficult to live prudently and in moderation. We love to grab and hold on for dear life. But our time in this life is brief compared to the life that never ends. May God give us the Grace to get our lives in proper order. May we embrace and love with our whole heart Our Lord and God.

Food for your Journey

The spirit of penitence and the practice of it stimulates us to detach ourselves sincerely from everything superfluous that we have.

—Pope John Paul II, *Fear Not: Thoughts on Living in Today's World* (Mexico: Barnes & Noble, Inc., 2000), 19.

A Prayer from the Heart

Gracious Father, You are so generous and good to me. So often I become content with what You give me and forget about You Who have made it all possible. Wake me up, Lord, and help me to always remember that without You I am nothing. Amen