



Daily Reflections

June 23, 2018

Scripture

Matthew 6: 24-34

Jesus said to his disciples:

"No one can serve two masters.

He will either hate one and love the other,
or be devoted to one and despise the other.

You cannot serve God and mammon.

"Therefore I tell you, do not worry about your life,
what you will eat or drink,
or about your body, what you will wear.

Is not life more than food and the body more than clothing?

Look at the birds in the sky;

they do not sow or reap, they gather nothing into barns,
yet your heavenly Father feeds them.

Are not you more important than they?

Can any of you by worrying add a single moment to your life-span?

Why are you anxious about clothes?

Learn from the way the wild flowers grow.

They do not work or spin.

But I tell you that not even Solomon in all his splendor
was clothed like one of them.

If God so clothes the grass of the field,

which grows today and is thrown into the oven tomorrow,
will he not much more provide for you, O you of little faith?

So do not worry and say, 'What are we to eat?'

or 'What are we to drink?' or 'What are we to wear?'

All these things the pagans seek.

Your heavenly Father knows that you need them all.

But seek first the Kingdom of God and his righteousness,
and all these things will be given you besides.

Do not worry about tomorrow; tomorrow will take care of itself.

Sufficient for a day is its own evil."

Our Scripture Reflection

My dear Mother in her desire to teach us humility often said to us, "Don't ever forget which side your bread is buttered on." Her words were a very practical expression of Our Lord's message in today's Gospel text. If we are truly humble, that is, if we have surrendered our lives to God, what worry could we possibly have? If we have completely surrendered to God then we trust Him to see that we have what we need. A person who trusts God is a grateful person who never misses an opportunity to give thanks to Our God.

Food for your Journey

Commenting on the Matthew 6 passage on worry, Mike Breen and Walt Kallestad write in their book *The Passionate Church* (Colorado Springs: Cook Communications, 2005, 52-53): "How do we build a life that is not based on worry but founded on faith? This verse illustrates the importance of planning. Planning is built around a vision. We plan to attain something. Jesus tells us to make plans to seek his kingdom and his righteousness. Righteousness means right relationship. Making plans on the basis of the kingdom, in right relationship with God, means the worries of tomorrow need not dominate us. God will take care of everything — including us! This is the essence of our vision: to make Jesus the true Lord of our lives."

A Prayer from the Heart

Heavenly Father, My day-to-day routine is so busy, so much so that I sometimes forget to stop to thank You for all that is good in my life. My blessings are many and my heart is filled with gratefulness for the gift of life for the ability to love and be loved, for the opportunity to see the everyday wonders of creation. I thank You and praise You, Father, for Your generosity and mercy. Amen