



Daily Reflections

September 17, 2018

Scripture

Luke 7: 1-10

When Jesus had finished all his words to the people,
he entered Capernaum.

A centurion there had a slave who was ill and about to die,
and he was valuable to him.

When he heard about Jesus, he sent elders of the Jews to him,
asking him to come and save the life of his slave.

They approached Jesus and strongly urged him to come, saying,
"He deserves to have you do this for him,
for he loves our nation and he built the synagogue for us."

And Jesus went with them,
but when he was only a short distance from the house,
the centurion sent friends to tell him,

"Lord, do not trouble yourself,
for I am not worthy to have you enter under my roof.

Therefore, I did not consider myself worthy to come to you;
but say the word and let my servant be healed.

For I too am a person subject to authority,
with soldiers subject to me.

And I say to one, 'Go,' and he goes;
and to another, 'Come here,' and he comes;
and to my slave, 'Do this,' and he does it."

When Jesus heard this he was amazed at him

and, turning, said to the crowd following him,
"I tell you, not even in Israel have I found such faith."
When the messengers returned to the house,
they found the slave in good health.

Our Scripture Reflection

A Roman centurion was a man of power and authority, a trusted commander of 100 well-trained soldiers. That he would be concerned about a slave boy is mind boggling. Slaves were considered less than human, personal property. What an incredible manifestation of compassion, love and faith he shows by requesting help from a Jew named Jesus! Jesus is amazed. Why? Because His own people, even His disciples have yet to demonstrate such faith in Him.

Food for your Journey

Dr. Harold Koenig, an associate professor of psychiatry at Duke University School of Medicine, and Director, Center for Spirituality, Theology and Health at Duke, is considered to be a pioneer in the scientific study of the potential of spiritual healing. After studying thousands of people since 1984, Dr. Koenig found that religious faith not only promotes overall good health, but also aids in recovery from serious illness.

"By praying to God," Koenig said, religious patients "acquire an indirect form of control over their illness." They believe that they are not alone in their struggle and God is personally interested in them. This safeguards them against the psychological isolation that batters so many people with serious disease.

In a study of 455 elderly hospital patients, for example, Koenig found that people who attended church more than once a week averaged about four days in the hospital. People who never or rarely attended church spent about 10 to 12 days hospitalized.

When Koenig initially began telling his colleagues about these observations, many were skeptical. They saw spiritual healing as irrelevant to medical science. In recent years, however, more scientific journals have been publishing reports with similar findings. More and more doctors are beginning to understand that faith can have a role in healing.

A Dartmouth Medical School study found that heart patients were 14 times more likely to die following a surgery if they did not participate in group activities and did not find comfort in religion. Within six months of surgery, 21 patients had died; but there were no deaths among the 37 people who said that they were "deeply religious."

Researchers in Israel studied 3,900 people living on kibbutzim over a 16-year period. Their findings: The religious had a 40 percent lower death rate from cardiovascular disease and cancer than their secular peers.

A Yale University study of 28,212 elderly people found that those who rarely or never attended church had twice the stroke rate of weekly churchgoers.

--oohoi.com/inner_self/spiritual-healing/spiritual-healing.htm. Retrieved January 9, 2013.

A Prayer from the Heart

Precious Lord, Help me to imitate Your compassionate love for others, especially towards the least in Your Kingdom. May I love all people as You love them. Amen