



# Daily Reflections

**January 16, 2019**

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## Scripture

### **Mark 1: 29-39**

On leaving the synagogue

Jesus entered the house of Simon and Andrew with James and John.

Simon's mother-in-law lay sick with a fever.

They immediately told him about her.

He approached, grasped her hand, and helped her up.

Then the fever left her and she waited on them.

When it was evening, after sunset,

they brought to him all who were ill or possessed by demons.

The whole town was gathered at the door.

He cured many who were sick with various diseases,

and he drove out many demons,

not permitting them to speak because they knew him.

Rising very early before dawn,

he left and went off to a deserted place, where he prayed.

Simon and those who were with him pursued him

and on finding him said, "Everyone is looking for you."

He told them, "Let us go on to the nearby villages

that I may preach there also.

For this purpose have I come."

So he went into their synagogues, preaching and driving out demons throughout the whole of Galilee.

# **Our Scripture Reflection**

The scene in today's Gospel reading is exciting to say the least. Simon, recently called by our Lord to follow

Him and having witnessed the Lord's works has been set him of fire. He can't help but witness to Jesus and those who hear him are set on fire and they, too, become witnesses to Jesus. Before long, "the whole town was gathered at the door." This reading poses a question to you: "How fired up are you about Jesus"? I find it amazing how when we experience a new delicious food or watch a terrific new movie how quickly we contact our friends and family to share the wonderful news about our experiences. Why are we so reluctant to share our experiences of Jesus, especially with those people who are closest to us?

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## **Food for your Journey**

Every indication in Scripture - from the experiences of people like Moses and Hannah to the testimonies of the psalmists and the recollections of the apostles - is that being in the presence of God can affect us powerfully. We all know seasons of spiritual depression when we can't work up much enthusiasm about being with the Lord or when life is just too great a weight to bear. Because of this, our practice of the disciplines of grace goes up and down; yet we may expect the practice of spiritual disciplines to be more consistently satisfying and powerful.

Communing with him. Hearing him. Embracing his truth. Seeing his glory. Expanding your vision of his reign. Desiring him more. Advancing his kingdom. We have every reason and right to expect that our experience of him in the disciplines of grace will be as pronounced and profound as this. If it is not, then it may be time for adjusting our disciplines in order to get back on the rails of spiritual growth once again.

-T.M. Moore, "Find fresh strength from spiritual disciplines," Crosswalk.com, [Spiritual.crosswalk.com/partner/](http://Spiritual.crosswalk.com/partner/). Retrieved August 10, 2002.

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## **A Prayer from the Heart**

Precious Lord, My Heart is full of love for You. When I talk with You in my prayer and feel Your love growing within me, I find peace. Nothing else can

do this for me. Help me, Lord, to share my love for You, my joy of Your Presence with my family and friends. Amen