



Daily Reflections

January 22, 2019

Scripture

Mark 2: 23-28

As Jesus was passing through a field of grain on the sabbath, his disciples began to make a path while picking the heads of grain.

At this the Pharisees said to him,

"Look, why are they doing what is unlawful on the sabbath?"

He said to them,

"Have you never read what David did

when he was in need and he and his companions were hungry?

How he went into the house of God when Abiathar was high priest and ate the bread of offering that only the priests could lawfully eat, and shared it with his companions?"

Then he said to them,

"The sabbath was made for man, not man for the sabbath.

That is why the Son of Man is lord even of the sabbath."

Our Scripture Reflection

Today's Gospel reading makes two points clearly:

1. The Disciples accompanying Jesus must have been terribly hungry. They were picking the heads of the wheat stalks and rubbing them vigorously between their hands to make a paste like substance to eat. This was by no means feasting. It was an act of desperation.

2. The Pharisees were incredibly petty. Picking the heads and rubbing them would have, in the strictest sense, violated the Sabbath restriction against needless work. Eating was allowed, however.

In allowing His disciples to pick and eat, Jesus was showing compassion towards them, which in His eyes always trumps legalistic interpretation of Sabbath regulations. Also, He was revealing to the Pharisees that He was God, and therefore, Lord of all, including the Sabbath. The Pharisees in their small-mindedness and envy would never acknowledge His Lordship over them to their demise.

Food for your Journey

Mother Teresa: "People are often unreasonable, illogical and self-centered; forgive them anyway. If you are kind, people may accuse you of selfish, ulterior motives; be kind anyway.

"If you are successful, you will win some false friends and some true enemies; succeed anyway.

"If you are honest and frank, people may cheat you; be honest and frank anyway. What you spend years building, someone could destroy overnight; build anyway.

"If you find eternity and happiness, they may be jealous; be happy anyway.

"The good you do today, people will often forget tomorrow; do good anyway. Give the world the best you have, and it may never be enough; give the world the best you've got anyway. You see, in the final analysis, it is between you and God; It was never between you and them anyway."

A Prayer from the Heart

Dear Jesus, You are God and Lord of all; You are the Master of my mind and heart. Teach me Your way and give me all the Grace I need to follow it. Amen