



Daily Reflections

January 24, 2019

Scripture

Mark 3: 7-12

Jesus withdrew toward the sea with his disciples.

A large number of people followed from Galilee and from Judea.

Hearing what he was doing,

a large number of people came to him also from Jerusalem,
from Idumea, from beyond the Jordan,
and from the neighborhood of Tyre and Sidon.

He told his disciples to have a boat ready for him because of the crowd,
so that they would not crush him.

He had cured many and, as a result, those who had diseases
were pressing upon him to touch him.

And whenever unclean spirits saw him they would fall down before him
and shout, "You are the Son of God."

He warned them sternly not to make him known.

Our Scripture Reflection

Just when you think you are having a busy day take a look at today's Gospel from St. Mark. Jesus' reputation is spreading like wild fire and people are hemming Him in from every direction. His response? He heals and loves them all. People knew to Whom they had to turn for help and direction. Jesus was THE answer and He continues to be the answer today.

Food for your Journey

When we honestly ask ourselves which persons in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.

--Henri Nouwen, *Out of Solitude* (Ave Maria, 2004).

A Prayer from the Heart

Dear Jesus, In a world where science and technology seem to possess all of the answers to our deepest longings, actually they often come up short. Our deepest longings can only be met and satisfied by You, Lord. Please keep me focused on You. Amen