



Daily Reflections

January 25, 2019

Scripture

Mark 16: 15-18

Jesus appeared to the Eleven and said to them:

"Go into the whole world

and proclaim the Gospel to every creature.

Whoever believes and is baptized will be saved;

whoever does not believe will be condemned.

These signs will accompany those who believe:

in my name they will drive out demons,

they will speak new languages.

They will pick up serpents with their hands,

and if they drink any deadly thing, it will not harm them.

They will lay hands on the sick, and they will recover."

Our Scripture Reflection

Why did the Good News of Jesus Christ spread so quickly on and immediately after Easter? Because it was a message of hope. The world was weighed down by war, famine, poverty....but the message of Easter offered hope. Suffering and death were no longer considered the final word by those who lived and carried with them the Gospel of Jesus. And you know what?? The Gospel has the power to transform people's lives in our own day as well. Jesus needs us to witness to Him here and now. Are you compassionate enough to do so?

Food for your Journey

In Russia a few years ago, a railway worker accidentally locked himself in a refrigerator car. Unable to escape or to attract attention, he resigned himself to his fate.

As he felt his body becoming numb he took a pencil out of his pocket and recorded the story of his approaching death. He scribbled on the walls of the car: "I am becoming colder ... still colder ... I am slowly freezing ... half asleep. These may be my last words."

When the car was opened the man was found dead, but the temperature of the car was only about 56 degrees. Officials found that the freezing mechanism was out of order and that there was plenty of fresh air available.

There was no physical reason they could find for the man to have died. It was concluded that he had died because he had believed that he would die. He had lost hope.

A Prayer from the Heart

Dear Jesus, Your Gospel brings me so much peace and joy. It's easy to get distracted and disillusioned by all of the bad news that makes the headlines each day. But You, Lord, offer hope. Sin and death no longer have the power to capture my soul. You offer and You give new and eternal life. Help me to be Your witness, Lord. Amen