



Daily Reflections

February 13, 2019

Scripture

Mark 7: 14-23

Jesus summoned the crowd again and said to them,
"Hear me, all of you, and understand.

Nothing that enters one from outside can defile that person;
but the things that come out from within are what defile."

When he got home away from the crowd
his disciples questioned him about the parable.

He said to them,

"Are even you likewise without understanding?

Do you not realize that everything
that goes into a person from outside cannot defile,
since it enters not the heart but the stomach
and passes out into the latrine?"

(Thus he declared all foods clean.)

"But what comes out of the man, that is what defiles him.

From within the man, from his heart,
come evil thoughts, unchastity, theft, murder,
adultery, greed, malice, deceit,
licentiousness, envy, blasphemy, arrogance, folly.
All these evils come from within and they defile."

Our Scripture Reflection

The religious leaders and teachers of Jesus' day were so concerned with external display. Appearances were everything to them. For Jesus, however, the issue was the heart. Therein could be found the source for good behavior or bad behavior. If we really are serious about conversion and change, look no further. The heart is where the work must begin.

Food for your Journey

Mark Twain loved to boast of his hunting and fishing exploits. Returning home after a three-week fishing trip deep in the heart of Maine long after the state's fishing season had closed, Twain retired to the lounge car in search of a suitable stranger to whom he might relate his fishing adventures.

Having struck up a friendly conversation with a prospective admirer, Twain soon found to his dismay that his boasts of a great catch elicited a grim reaction. Still Twain pressed on ...

"By the way, who are you, sir?" he finally inquired. "I'm the state game warden," the stranger growled. "Who are you?"

Twain nearly swallowed his cigar. "Well, to be perfectly truthful, warden," he answered, thinking of his catch, iced down in the baggage car, "I'm the biggest [darn] liar in the whole United States!"

A Prayer from the Heart

Dear God, Help me to open my heart completely to Your judgment and wisdom. May I empty my heart of all that is contrary to Your way and allow You to fill it up with genuine faith, hope and love. Amen