



Daily Reflections

February 26, 2019

Scripture

Mark 9: 30-37

Jesus and his disciples left from there and began a journey through Galilee, but he did not wish anyone to know about it.

He was teaching his disciples and telling them,

"The Son of Man is to be handed over to men and they will kill him,

and three days after his death the Son of Man will rise."

But they did not understand the saying,

and they were afraid to question him.

They came to Capernaum and, once inside the house, he began to ask them,

"What were you arguing about on the way?"

But they remained silent.

For they had been discussing among themselves on the way who was the greatest.

Then he sat down, called the Twelve, and said to them,

"If anyone wishes to be first,

he shall be the last of all and the servant of all."

Taking a child, he placed it in their midst,

and putting his arms around it, he said to them,

"Whoever receives one child such as this in my name, receives me;

and whoever receives me,

receives not me but the One who sent me."

Our Scripture Reflection

The amount of anti-anxiety/anti-depression medications that American's consume is mind-boggling....64% of our people use them!

Why? Because Jesus' message in today's Gospel reading is ignored. We push and pull and grab and claw our way, always seeking the top...to be great but we end up hurting ourselves. My Friends, after having searched the scriptures and the lives of the saints throughout history, the answer to living the good and holy life is simple: Humility. And what is the essence of humility? Two principles that must be internalized:

1. There is a God
2. It's not me!

When you surrender your life completely to the God Who is, then you will find peace.

Food for your Journey

André Malraux, the French novelist, described a country priest who had heard confessions for many decades, and summed up what he had learned about human nature in two statements: "First of all, people are much more unhappy than one thinks ... and second, there is no such thing as a grown-up person."

These two observations are very closely related, if not one and the same: People who have not grown up cannot cultivate their souls and spirits, and, therefore, remain chronically susceptible to unhappiness.

The happiness that we all yearn for is a sentiment commonly associated with the lost paradise of our childhood -- when we felt omnipotent, entitled and immortal.

Happiness in adulthood, however, requires realism, reciprocity and coming to terms with our mortality. It is cultivation of forgiveness, tolerance, patience, generosity and compassion.

--T. Byram Kyrasu, *The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times* (Simon & Schuster, 2003), x.

A Prayer from the Heart

Dear God, I am so used to being in control of absolutely everything that I stress myself out. The more I try to take control the more I spin out of control. Lord, help me to get it right. Help me to put You first and to turn my life, my worries, my fears completely over to You. Make me a good listener. Amen