



# Daily Reflections

**February 28, 2019**

---

## Scripture

### **Mark 9: 41-50**

Jesus said to his disciples:

"Anyone who gives you a cup of water to drink because you belong to Christ, amen, I say to you, will surely not lose his reward.

"Whoever causes one of these little ones who believe in me to sin, it would be better for him if a great millstone were put around his neck and he were thrown into the sea.

If your hand causes you to sin, cut it off.

It is better for you to enter into life maimed than with two hands to go into Gehenna, into the unquenchable fire.

And if your foot causes you to sin, cut it off.

It is better for you to enter into life crippled than with two feet to be thrown into Gehenna.

And if your eye causes you to sin, pluck it out.

Better for you to enter into the Kingdom of God with one eye than with two eyes to be thrown into Gehenna, where their worm does not die, and the fire is not quenched.

"Everyone will be salted with fire.

Salt is good, but if salt becomes insipid, with what will you restore its flavor?

Keep salt in yourselves and you will have peace with one another."

---

## **Our Scripture Reflection**

Please note: Our Lord is neither advocating nor promoting self-mutilation. Never. Jesus is using hyperbolic (exaggerated) speech in order to make a serious point. When we are trying to eliminate the influence of sin in our lives, we must go to the source...the heart. The heart is where we apply the grace of God to our sinful desires and inclinations. It is at the level of the heart that we begin our fight against sin by saying "NO" when the thought of sinning first arises. If we can nip a temptation at its beginning then with the help of God's Grace we can be victorious over our sinful behavior.

---

## **Food for your Journey**

It's only once in a while that we get to hear Jesus talk about brutal self-mutilation as a sign of discipleship. ... I remember the summer I was 11 years old when I stole candy from Kmart and then hid it in the heat duct in my room. And I remember hearing this passage soon after that and thinking how my hand had indeed caused me to sin and then and there I decided to never steal again lest Jesus insist I hack off my own limbs. The problem, of course, is that my hand has never caused a darn thing. My eye doesn't cause me to sin. My foot can't be held accountable for my missteps. If you want to find the culprit behind my sin don't look at my hand. Look at my heart. My poor feet just do what they're told.—Nadia Bolz-Weber, "A sermon on hacking off our own limbs for Jesus," Patheos, October 12, 2012, patheos.com.

---

## **A Prayer from the Heart**

Dear God, The season of Lent is just around the corner and I find myself feeling overwhelmed at the many things I would like to change in my life. I want to be closer to You. Help me to realize that in order to overcome my inclination to sin, I must first grow in my capacity to love You above all things. Amen