



Daily Reflections

March 6, 2019

Scripture

Matthew 6: 1-6, 16-18

Jesus said to his disciples:

"Take care not to perform righteous deeds
in order that people may see them;
otherwise, you will have no recompense from your heavenly Father.

When you give alms,
do not blow a trumpet before you,
as the hypocrites do in the synagogues and in the streets
to win the praise of others.

Amen, I say to you,
they have received their reward.

But when you give alms,
do not let your left hand know what your right is doing,
so that your almsgiving may be secret.

And your Father who sees in secret will repay you.

"When you pray,
do not be like the hypocrites,
who love to stand and pray in the synagogues and on street corners
so that others may see them.

Amen, I say to you,
they have received their reward.

But when you pray, go to your inner room,
close the door, and pray to your Father in secret.

And your Father who sees in secret will repay you.
"When you fast,
do not look gloomy like the hypocrites.
They neglect their appearance,
so that they may appear to others to be fasting.
Amen, I say to you, they have received their reward.
But when you fast,
anoint your head and wash your face,
so that you may not appear to be fasting,
except to your Father who is hidden.
And your Father who sees what is hidden will repay you."

Our Scripture Reflection

Today we begin the most holy season of Lent. Many people will find their way to a Church in order to receive ashes as a sign of repentance. But are they serious about it? Are you? Jesus' rather extreme language in today's Gospel is meant to make us serious about our Lenten disciplines. Jesus abhorred empty, insincere, showy displays of self-righteousness. He expects us to "say what we mean and mean what we say during Lent." And even though forty days can seem like an eternity, take up one discipline and work at it one day at a time. Please remember: The more you invest in Lent, the more joyful your Easter will be. That's a promise.

Food for your Journey

There's an old story about a man from the city who was out driving one day, in the country. The signs on the road weren't very good, and he got lost. So he stopped at a farmhouse to ask directions. "Can you tell me how far it is to the town of Mill Pond?" he asked.

"Well," said the old farmer, "the way you're goin' it's about 24,996 miles. But if you turn around, it's about four."

And therein lies a lesson.

A Prayer from the Heart

Dear God, I truly desire to be a better person. But when I look at my past, I feel overwhelmed. May I know in the depths of my heart that all things are

possible with You. Keep me steady and true during these forty days. If I should stumble or fall, pick me up with the help of Your Grace. Amen