



Daily Reflections

June 18, 2019

Scripture

Matthew 5: 43-48

Jesus said to his disciples:

"You have heard that it was said,

You shall love your neighbor and hate your enemy.

But I say to you, love your enemies

and pray for those who persecute you,

that you may be children of your heavenly Father,

for he makes his sun rise on the bad and the good,

and causes rain to fall on the just and the unjust.

For if you love those who love you, what recompense will you have?

Do not the tax collectors do the same?

And if you greet your brothers only,

what is unusual about that?

Do not the pagans do the same?

So be perfect, just as your heavenly Father is perfect."

Our Scripture Reflection

Under the Law of Moses, "Neighbor" was someone who looked like me, lived like me, ate like me, dressed like me...a fellow Israelite, in other words. Jesus, however, expects more from His disciples. Since all people are created in the image and likeness of God, then we are to show love for all people, equally.

Food for your Journey

"If revenge is all about making ourselves feel better and superior to the one who hurts us" This makes me reflect that this is kind of like a sugar high -- a quick fix that passes swiftly and leaves us less healthy.

Jesus' way is more like exercise. It is harder and slower, but leads to better health and a more pervasive sense of well-being.

A Prayer from the Heart

Dear God, You love me, unconditionally. Even when I turn away from You by my sins, You want me back. Your love is for all of Your people. Help me, therefore, to love as You love. Amen