



Daily Reflections

June 22, 2019

Scripture

June 6: 24-34

Jesus said to his disciples:

"No one can serve two masters.

He will either hate one and love the other,
or be devoted to one and despise the other.

You cannot serve God and mammon.

"Therefore I tell you, do not worry about your life,
what you will eat or drink,
or about your body, what you will wear.

Is not life more than food and the body more than clothing?

Look at the birds in the sky;

they do not sow or reap, they gather nothing into barns,
yet your heavenly Father feeds them.

Are not you more important than they?

Can any of you by worrying add a single moment to your life-span?

Why are you anxious about clothes?

Learn from the way the wild flowers grow.

They do not work or spin.

But I tell you that not even Solomon in all his splendor
was clothed like one of them.

If God so clothes the grass of the field,
which grows today and is thrown into the oven tomorrow,
will he not much more provide for you, O you of little faith?

So do not worry and say, 'What are we to eat?'
or 'What are we to drink?' or 'What are we to wear?'
All these things the pagans seek.
Your heavenly Father knows that you need them all.
But seek first the Kingdom of God and his righteousness,
and all these things will be given you besides.
Do not worry about tomorrow; tomorrow will take care of itself.
Sufficient for a day is its own evil."

Our Scripture Reflection

So many of our people take anti-anxiety, anti-depression medication. Yet we live in the most prosperous country on the planet. Why is there so much anxiety and such a lack of peace? Jesus said, "No one can serve two masters"...When things material become our gods, we hurt ourselves. There is only one, true God. Unless and until we surrender our lives to Him there can be no peace.

Food for your Journey

Commenting on the Matthew 6 passage on worry, Mike Breen and Walt Kallestad write in their book *The Passionate Church* (Colorado Springs: Cook Communications, 2005, 52-53): "How do we build a life that is not based on worry but founded on faith? This verse illustrates the importance of planning. Planning is built around a vision. We plan to attain something. Jesus tells us to make plans to seek his kingdom and his righteousness. Righteousness means right relationship. Making plans on the basis of the kingdom, in right relationship with God, means the worries of tomorrow need not dominate us. God will take care of everything — including us! This is the essence of our vision: to make Jesus the true Lord of our lives."

A Prayer from the Heart

Dear God, I find that when I stop trying to control my life and everything in it, my spirit relaxes. Lord, the great saints throughout history teach us that we cannot have Peace without humility and humility comes only when I surrender my life to You. May I receive the Grace to do so this day. Amen