August 9, 2019

Scripture

Matthew 16: 24-28
Jesus said to his disciples,
“Whoever wishes to come after me must deny himself,
take up his cross, and follow me.
For whoever wishes to save his life will lose it,
but whoever loses his life for my sake will find it.
What profit would there be for one to gain the whole world
and forfeit his life?
Or what can one give in exchange for his life?
For the Son of Man will come with his angels in his Father’s glory,
and then he will repay each according to his conduct.
Amen, I say to you, there are some standing here
who will not taste death
until they see the Son of Man coming in his Kingdom.”

Our Scripture Reflection
Many have turned away from Jesus because of His disconcerting and difficult words in today’s
Gospel reading. In a society where there is an incredible and inordinate focus on acquiring high
self-esteem, denying oneself just doesn’t make sense. But that is the way of Jesus and it must,
therefore, be the way of the disciple. Amen

Food for your Journey
Always think of yourself as everyone’s servant, look for Christ our Lord in everyone and you will
then have respect and reverence for all.
--16th-century Mystic/Reformed Carmelite founder, Theresa of Avila

A Prayer from the Heart
Dear God, Help me to turn away from what the world sees as good and valuable, and instead, seek out and live the way of Jesus. May I strive to please You as I put the needs of others before my own. Amen