While Jesus was going through a field of grain on a sabbath, his disciples were picking the heads of grain, rubbing them in their hands, and eating them. Some Pharisees said, “Why are you doing what is unlawful on the sabbath?” Jesus said to them in reply, “Have you not read what David did when he and those who were with him were hungry? How he went into the house of God, took the bread of offering, which only the priests could lawfully eat, ate of it, and shared it with his companions?” Then he said to them, “The Son of Man is lord of the sabbath.”}

Our Scripture Reflection

The Pharisees had 39 classes of Laws that governed what one could or could not do on the Sabbath. They take exception with Jesus because He is allowing His hungry disciples to pluck grains of wheat to satisfy their hunger. Their action resembles harvesting which was forbidden on the Sabbath. Jesus fires back at them based on two arguments: David once ate and fed his hungry men with the consecrated bread in the Holy of Holies on the Sabbath. Jesus, The Son of Man, has authority even over Sabbath Laws. For Jesus, there is never an inappropriate time to feed hungry people.
Food for your Journey

In late 2003, a commission convened by Dartmouth Medical School, among others, concluded that young people who are religious are better off in significant ways than their secular peers. They are less likely than nonbelievers to smoke and drink, and they are more likely to eat well. They are less likely to commit crimes, and more likely to wear seat belts. They are less likely to be depressed, and more likely to be satisfied with their families and schools.

“Religion has a unique net effect on adolescents above and beyond factors like race, parental education and family income,” said Brad Wilcox, a University of Virginia sociologist, to The Washington Post (March 21, 2004). Poor children who are religious will do better than poor children who are not, and in some cases they will do better than nonreligious middle—class children.

Increase our faith!

A Prayer from the Heart

Holy Father, You sent Your only Son into this world to be our way and our truth. He is Lord of all and His authority has dominion over all things. Please give me the wisdom to discern His way in this conflicted and confused culture in which I live. May I always submit to Jesus as my Lord and God. Amen