Luke 6:12-19
Jesus departed to the mountain to pray, and he spent the night in prayer to God. When day came, he called his disciples to himself, and from them he chose Twelve, whom he also named Apostles: Simon, whom he named Peter, and his brother Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Simon who was called a Zealot, and Judas the son of James, and Judas Iscariot, who became a traitor. And he came down with them and stood on a stretch of level ground. A great crowd of his disciples and a large number of the people from all Judea and Jerusalem and the coastal region of Tyre and Sidon came to hear him and to be healed of their diseases; and even those who were tormented by unclean spirits were cured. Everyone in the crowd sought to touch him because power came forth from him and healed them all.

Our Scripture Reflection
In Luke’s Gospel, Jesus goes up the mountain to pray. Prayer is what He does before major events. Then He descends the mountain and calls His apostles. How often do you find yourself spinning your wheels before a major event in your life simply because you did not pray first??? Time for a change in approach?

Food for your Journey
A man was sleeping one night in his cabin when suddenly his room filled with light, and God
appeared. The Lord told the man he had work for him to do, and showed him a large rock in
front of his cabin. The Lord explained that the man was to push against the rock with all his
might. So, this the man did, day after day.
For many years he toiled from sun up to sun down, his shoulders set squarely against the cold,
massive surface of the unmoving rock, pushing with all of his might. Each night the man
returned to his cabin sore and worn out, feeling that his whole day had been spent in vain.
But slowly doubts came. He thinks to himself: "You have been pushing against that rock for a
long time, and it hasn't moved." He begins to believe that the task is impossible and that he is a
failure. These thoughts discourage and dishearten him.
Then he thinks, "Hey, why kill yourself over this? I'll just put in my time, giving just the minimum
effort; and that will be good enough." So that's what the weary man planned to do, but first he
decided to make it a Matter of Prayer and to take his troubled thoughts to the Lord.
"Lord," he prayed, "I have labored long and hard in your service, putting all my strength to do
that which you have asked. Yet, after all this time, I have not even budged that rock by half a
millimeter. What is wrong? Why am I failing?"
The Lord responded: "Wait a minute! When I asked you to serve me and you accepted, I told
you that your task was to push against the rock with all of your strength, which
you have done. Never once did I mention to you that I expected you to move it. Your task was to push. And now
you come to me with your strength spent, thinking that you have failed. Really? Look at yourself.
Your arms are strong and muscled, your back sinewy and brown; your hands are callused from
constant pressure, your legs have become massive and hard. Through opposition you have
grown much, and your abilities now surpass that which you used to have. Yes, you haven't
moved the rock. But your calling was to be obedient and to push and to have faith, to trust in my
wisdom. That you have done. Now I, my friend, will move the rock."
- When everything seems to go wrong ... just P.U.S.H.!
- When the job gets you down ... just P.U.S.H.!
- When people don't react the way you think they should ... just P.U.S.H.!
- When your money is "gone" and the bills are due ... just P.U.S.H.!
- When people just don't understand you ... just ... P.U.S.H!
P=Pray ... U=Until ... S=Something ... H=Happens. PUSH.

A Prayer from the Heart

Dear God, So often I get frustrated because I try mistakenly to go it alone in this life. Please
help me to wake up and realize that I must imitate Your Son Jesus by taking the time to stop
and pray to You. Make me humble before and always open to Your desires for me. Amen