



# Daily Reflections

## January 8, 2020

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### Scripture

#### Mark 6:45-52

After the five thousand had eaten and were satisfied,  
Jesus made his disciples get into the boat  
and precede him to the other side toward Bethsaida,  
while he dismissed the crowd.  
And when he had taken leave of them,  
he went off to the mountain to pray.  
When it was evening,  
the boat was far out on the sea and he was alone on shore.  
Then he saw that they were tossed about while rowing,  
for the wind was against them.  
About the fourth watch of the night,  
he came toward them walking on the sea.  
He meant to pass by them.  
But when they saw him walking on the sea,  
they thought it was a ghost and cried out.  
They had all seen him and were terrified.  
But at once he spoke with them,  
"Take courage, it is I, do not be afraid!"  
He got into the boat with them and the wind died down.  
They were completely astounded.  
They had not understood the incident of the loaves.  
On the contrary, their hearts were hardened.

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### Our Scripture Reflection

He had just fed 5000 people with very little fish and bread and all ate to their fill with leftovers. So why did they freak out when He walked on water? Because their hearts were hardened. Or

in other words, they lacked humility completely. Perhaps in the process of handing out the loaves and fishes their egos enlarged as perhaps they thought of themselves as Big Guys. But it was God, not them Who supplied the food for distribution.

Faith says “There is a God.” Humility says “There is a God and it’s not me.” They had yet to surrender to the fact that they needed God. What about you?

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## **Food for your Journey**

More and more people these days are using electronic personal assistants like the Amazon Echo or Google Home devices. Did you know that personal assistants can be used to summon help?

They can’t make a 911 call just yet: protocols for 911 systems require two-way communication between the caller and the 911 operator. There’s a skill these devices can learn, though, called “Ask My Buddy.” Users set it up ahead of time, with up to five emergency contacts.

A person in trouble can turn to Amazon Echo and say, “Alexa, ask my buddy to alert Fred.” As long as Fred’s phone number or email address has been registered ahead of time, the system will send Fred a message asking him to check on the person. If the person just says, “Alexa, ask my buddy to send help,” then the system will send a similar message to all five people on the contact list.

“Help us, O God of our salvation,” implores the psalmist. When it comes to spiritual rescue, calling for help has been possible for millennia.

—For more, see Jefferson Graham, “‘Alexa, call 911’ won’t work. Here’s what will,” USA Today, July 19, 2017. [usatoday.com](http://usatoday.com). Retrieved March 19, 2019; and [askmybuddy.net](http://askmybuddy.net). Retrieved March 19, 2019.

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## **A Prayer from the Heart**

Dear Jesus, You are the Lord and I am not. Please help me to avoid what the disciples struggled with, namely, a real lack of humility. While it is tempting in this very scientific and highly technological age to think I am a god and in control, I am not. Keep me humble and open completely to Your Kingship over me and the world. Amen