



Daily Reflections

February 6, 2020

Scripture

Mark 6:7-13

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits.

He instructed them to take nothing for the journey but a walking stick –no food, no sack, no money in their belts.

They were, however, to wear sandals but not a second tunic.

He said to them,

“Wherever you enter a house, stay there until you leave from there.

Whatever place does not welcome you or listen to you,

leave there and shake the dust off your feet

in testimony against them.”

So they went off and preached repentance.

The Twelve drove out many demons,

and they anointed with oil many who were sick and cured them.

Our Scripture Reflection

Why were the disciples to take nothing “extra” with them as they went out to witness to Jesus? (Remember, back then they had no sunglasses, cell phones, water bottles, back packs...all the little luxuries and convenience items of our own day, things that we WORSHIP as basic essentials of life!) Because Our Lord wanted them to travel just as He did....totally dependent on God. Isn't it time we let go of some of our “baggage” so that we may do the same?

Food for your Journey

Grudges are like luggage. They are a kind of obsession we carry around with us. When others have hurt us -- particularly a work supervisor or someone else with power over us -- we may fantasize obsessively about the sweet taste of revenge, should the tables ever be turned, and we find ourselves in a position of authority. Even if we don't want to revisit that nagging memory of hurt, it comes back almost of its own accord to haunt us. In a perverse way, we allow the person who has hurt us to continue to exercise power over us, even years after everyone has moved on.

Eventually, we may come to realize that our grudge is a far greater burden than the original incident. The only thing to do, then, is to lay it down, to leave it by the roadside like that extra cloak Jesus talks about. Sometimes it takes a conscious effort to stop brooding over bad things that have happened, and simply let them go. When we do shed that baggage, for the first time we will truly be traveling light.

A Prayer from the Heart

"I wouldn't take nothing for my journey now"

by Charles Goodman and Jimmie Davis

Well, I wouldn't take nothin' for my journey now

Gotta make it to heaven somehow

Though the devil tempt me and he tried to turn me around

He's offered everything that's got a name

All the wealth I want and worldly fame

If I could still I wouldn't take nothin' for my journey now

Well, I started out travellin' for the Lord many years ago

I've had a lot of heartache and I met a lot of grief and woe

But when I would stumble then I would humble down

And there I'd say, I wouldn't take nothin' for my journey now

He's offered everything that's got a name

All the wealth I want and worldly fame

If I could still I wouldn't take nothin' for my journey now

Oh, there's nothin' in this world that'll ever take the place of God's love

All the silver and gold wouldn't buy a touch from above

When the soul needs healin' and I begin to feelin' his power

Then I can say, thank the Lord, I wouldn't take nothing for my journey now. Amen