



Daily Reflections

February 12, 2020

Scripture

Mark 7:14-23

Jesus summoned the crowd again and said to them,
“Hear me, all of you, and understand.
Nothing that enters one from outside can defile that person;
but the things that come out from within are what defile.”
When he got home away from the crowd
his disciples questioned him about the parable.
He said to them,
“Are even you likewise without understanding?
Do you not realize that everything
that goes into a person from outside cannot defile,
since it enters not the heart but the stomach
and passes out into the latrine?”
(Thus he declared all foods clean.)
“But what comes out of the man, that is what defiles him.
From within the man, from his heart,
come evil thoughts, unchastity, theft, murder,
adultery, greed, malice, deceit,
licentiousness, envy, blasphemy, arrogance, folly.
All these evils come from within and they defile.”

Our Scripture Reflection

Jesus knew exactly what the source of every evil thought, word and deed was....the human heart. And how does a sincere, would-be disciple remedy the problem there? One must admit the problem and surrender to the only One Who can provide the Grace necessary to make genuine change occur. Upon receiving His Grace one moves forward one step at a time, one

day at a time realizing that one is completely dependent on His help. We rejoice in the victories and lament the defeats, but always moving forward with our eyes focused on Him.

Food for your Journey

I didn't want to deal with my past, my problems or my sin. I was content to work 70 or 80 hours a week in hopes that I'd never have to look inside and see the pain, the emptiness or the poor decisions. Every night as I lay in bed, I hoped that I wouldn't awake in a cold sweat, in utter fear of being caught by God. I was convinced that the day was coming when God would come to his senses and realize that he'd made a huge mistake, that he didn't intend to be using Trevor Bron, and that it must have been some sort of administrative oversight. And when it all came to a crashing halt that day in March of 2001, all my fears came to fruition. God had indeed pulled me over, but not for the reasons I'd thought of late at night in my bed. He pulled me over to ask ... two questions. "Will you rise above it?" and "Will you allow me to heal it for you?"

—Trevor Bron

A Prayer from a Humbled Heart

Dear Sweet Jesus, You and humble of heart. Make my heart like Your heart. Amen