



Daily Reflections

May 07, 2020

Scripture

John 13:16-20

When Jesus had washed the disciples' feet, he said to them:
"Amen, amen, I say to you, no slave is greater than his master
nor any messenger greater than the one who sent him.
If you understand this, blessed are you if you do it.
I am not speaking of all of you.
I know those whom I have chosen.
But so that the Scripture might be fulfilled,
The one who ate my food has raised his heel against me.
From now on I am telling you before it happens,
so that when it happens you may believe that I AM.
Amen, amen, I say to you, whoever receives the one I send
receives me, and whoever receives me receives the one who sent me."

Our Scripture Reflection

In His own words, Jesus gives you and me the most profound commission we could ever imagine. He said to His disciples long ago and to each of us this day: "Amen, amen, I say to you, whoever receives the one I send receives me, and whoever receives me receives the one who sent me."
Jesus actually, literally, truly entrusts us to be His very Presence in this world! What an incredible honor and RESPONSIBILITY. Are you up for this incredible privilege? Or to put it quite simply, when people look at you and hear your words and see your behavior, do they see Jesus Himself If not, why not?

Food for your Journey

When you see someone doing a good deed for a stranger, do you get all warm and fuzzy inside and find yourself smiling? This is called moral elevation and it's that awesome sensation that goes all the way from your toes to the top of your head when you are in the presence of nice people.

Spreading some love by buying a stranger a coffee or helping an elderly person across the road are ways of putting some sunshine into someone's day. For some, this is already common knowledge but now it is officially scientific and yes, kindness is contagious!

Studies have shown that kindness is highly contagious and makes people want to spread the love almost in a domino effect and do acts of kindness after witnessing others doing it.

In a 2008 study conducted by the University of California San Diego and Harvard University found that cooperative behavior can spread from one person to another and even to multiple people by mimicry and emotional contagion to cause a ripple effect of happiness. People can literally catch kindness!

—Vanessa Van Edwards, "The kindness contagion," Medium, December 12, 2016, medium.com.

A Prayer from the Heart

Dear Jesus, You love me and trust me enough to give me the calling to be Your very Presence in this world. While I do not feel worthy of such a privilege, You will accept no excuses from me.