



Daily Reflections

January 12, 2021

Scripture

Mark 1:21-28

And they entered into Capharnaum, and forthwith upon the sabbath days going into the synagogue, he taught them.

And they were astonished at his doctrine. For he was teaching them as one having power, and not as the scribes.

And there was in their synagogue a man with an unclean spirit; and he cried out,

Saying: What have we to do with thee, Jesus of Nazareth? art thou come to destroy us? I know who thou art, the Holy One of God.

And Jesus threatened him, saying: Speak no more, and go out of the man.

And the unclean spirit tearing him, and crying out with a loud voice, went out of him.

And they were all amazed, insomuch that they questioned among themselves, saying: What thing is this? what is this new doctrine? for with power he commandeth even the unclean spirits, and they obey him.

And the fame of him was spread forthwith into all the country of Galilee.

Our Scripture Reflection

Mark inserts into the first eight chapters of his Gospel the majority of the miracle stories about Jesus. Why? He wants to demonstrate to us, beyond the shadow of a doubt, that Jesus IS the long-awaited messiah. In today's Gospel, ironically, it's a demon that proclaims publicly the true identity of Jesus much to the amazement of the crowd. When the demon screams out Jesus' name He orders the demon to be silent demonstrating to the crowd Who truly is in control.

Food for your Journey

Some years ago, a young man who wanted to change his life went into a church and sat down in the sanctuary for awhile. He took out a piece of paper and a pencil and began writing down a long list of things that he promised he would do to change his life - a whole page of things - and he signed his name at the bottom and took it up and placed it on the altar, and sat down again in the sanctuary.

As he was sitting there, however, he began to sense the voice of God speaking softly in his own soul. And the more he listened to it, the more he heard God saying to him, "You've done it all wrong. I want you to go back up there and get the piece of paper and tear it up. And then I'll give you another instruction. "

So, the young man got out of his pew and walked up to the altar and did as the Lord told him. And then he went back to sit down in the pew and waited for the Lord to instruct him. It did not happen immediately, but finally the message came through. The Lord said to him, very gently, "Now take a piece of paper and sign your name to it at the bottom and let me fill in all the rest!"
--From Barry P. Boulware

A Prayer from the Heart

Dear God, No matter what happens in this life, when I look at the plight of others all around me, I realize that what I experience could always be worse. But it's easy to think I am the only one who is struggling when life takes a sudden unexpected downturn. In order to not sink into a pity party, I turn to You and pray that I may keep the proper perspective... Your perspective: Lord, thank You that in spite of what has come my way, I am still breathing. Thank You that I am not abandoned or alone, but am able to call upon You for help at any time. Thank You that I am not without hope because You are all powerful and can do all things. Be with me throughout this day and keep me calm, trusting, and therefore, at Peace. Thank You for loving me. Amen