



# Daily Reflections

## January 18, 2021

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### Scripture

#### **Mark 2:18-22**

And the disciples of John and the Pharisees used to fast; and they come and say to him: Why do the disciples of John and of the Pharisees fast; but thy disciples do not fast?

And Jesus saith to them: Can the children of the marriage fast, as long as the bridegroom is with them? As long as they have the bridegroom with them, they cannot fast.

But the days will come when the bridegroom shall be taken away from them; and then they shall fast in those days.

No man seweth a piece of raw cloth to an old garment: otherwise the new piecing taketh away from the old, and there is made a greater rent.

And no man putteth new wine into old bottles: otherwise the wine will burst the bottles, and both the wine will be spilled, and the bottles will be lost. But new wine must be put into new bottles.

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### Our Scripture Reflection

Why did Jesus and His disciples not fast as did John and as disciples? John came to call the world to repentance of which fasting is a necessary part. John came to prepare for Jesus, the Bridegroom. Jesus, on the other hand, came to usher in the Kingdom of God, often depicted as a great feast in the Old Testament. The day did come, however, when fasting would once again be necessary as a sign of repentance...our own day!

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### Food for your Journey

Back in the summer of 1990, Barry Baker was a deeply troubled man. "I wasn't a human being," he says now. "I was a human DOING." As he built River City Broadcasting, his St. Louis-based

media startup, into a chain of 10 television stations and 24 radio stations, he was working 70 hours a week (including weekends) as well as during vacations. His schedule was full -- but he felt empty inside. So Baker, who was approaching age 40, flew to Canyon Ranch [Health Resort] to reflect on what was missing from his life. He realized that he had a problem not with his calendar but with his identity. "I was making the first real money in my life, but my life didn't have meaning. I asked myself, 'What do I want to be remembered for?' I wanted to contribute to the growth of people, not just to the growth of assets."

-- "Can the Center Hold? Barry Baker," Fast Company, July-August 1999, 124.

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## **A Prayer from the Heart**

Gracious Lord, Help me to open my heart and mind completely to Your call to genuine conversion. Give me the courage to change what needs to be changed so that I may become a new person IN YOU. Amen