



Daily Reflections

January 13, 2022

Scripture

Mark 1:40-45

A leper came to him and kneeling down begged him and said, "If you wish, you can make me clean."

Moved with pity, he stretched out his hand, touched the leper, and said to him, "I do will it. Be made clean."

The leprosy left him immediately, and he was made clean.

Then, warning him sternly, he dismissed him at once.

Then he said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them."

The man went away and began to publicize the whole matter.

He spread the report abroad

so that it was impossible for Jesus to enter a town openly.

He remained outside in deserted places, and people kept coming to him from everywhere.

Our Scripture Reflection

Yes, Jesus was fully divine. He was God. And He was also fully human. That's our faith. With that in mind, it's easy to see why He had to go to deserted places from time to time. He went to those places to rest, pray to re-group because as soon as He appeared in public again, He was swamped. Many were coming to Him, many were experiencing a whole new life because of

Food for your Journey

True change requires more than experimenting with isolated attempts to alter automatic reflexes; it involves replacing old behaviors with new ones that eventually become as natural and comfortable as the old ones. It is more than quietly stealing away from the hostile dog; it is learning how to make friends with that dog and take it for a walk.

—Jerold Kreisman and Hal Straus, *I Hate You – Don't Leave Me* (New York: Harper Collins Publishers, 1989), 92.

A Prayer from the Heart

Dear Jesus, Your very Presence brought joy and excitement to many because people were hungry for You. In a world where we are satiated with stuff and faced with countless distractions, help me to realize that only You bring meaning to my life. Amen