



# Daily Reflections

**February 26, 2017**

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## Scripture

### **Matthew 6:24-34**

Jesus said to his disciples:

"No one can serve two masters.

He will either hate one and love the other,  
or be devoted to one and despise the other.

You cannot serve God and mammon.

"Therefore I tell you, do not worry about your life,  
what you will eat or drink,  
or about your body, what you will wear.

Is not life more than food and the body more than clothing?

Look at the birds in the sky;

they do not sow or reap, they gather nothing into barns,  
yet your heavenly Father feeds them.

Are not you more important than they?

Can any of you by worrying add a single moment to your life-span?

Why are you anxious about clothes?  
Learn from the way the wild flowers grow.  
They do not work or spin.  
But I tell you that not even Solomon in all his splendor  
was clothed like one of them.  
If God so clothes the grass of the field,  
which grows today and is thrown into the oven tomorrow,  
will he not much more provide for you, O you of little faith?  
So do not worry and say, 'What are we to eat?'  
or 'What are we to drink?' or 'What are we to wear?'  
All these things the pagans seek.  
Your heavenly Father knows that you need them all.  
But seek first the kingdom of God and his righteousness,  
and all these things will be given you besides.  
Do not worry about tomorrow; tomorrow will take care of itself.  
Sufficient for a day is its own evil."

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## **Our Scripture Reflection**

For a society where 64 percent of its members take anti-depressant/anti-anxiety medication, Jesus' words can be life changing. How so? First, we must have a single focused heart: "No one can serve two masters", says the Lord. When we put "stuff", the material realm, before Jesus, we heap tons of stress upon our heart. Seek Him first and all else falls into its proper place. Second, trusting the Lord is only possible when we have everything in proper order. How do I put my life in proper order? How do I begin? Nike corporation had the best answer in its once famous slogan, "Just do it!" Today can be the first day of the rest of your life IF you "just do it with Jesus."

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## **Food for your Journey**

My little dog has an eccentric habit. It's more of a compulsion really. Whenever we give him a rawhide bone, he spends the rest of the day and sometimes the next in a flurry of activity. Whether he is motivated by instinct or his own peculiar quirkiness or some combination of the two is hard to say.

Given a bone, he commences a search through the house for a suitable place to bury it. Once he settles on a spot, he proceeds to "dig" a hole in the

linoleum. Undaunted by the fact that all his furious digging scarcely leaves a scuff on the floor, he carefully places his bone in his imaginary hole. Next he painstakingly noses imaginary dirt over it and then turns himself around to kick some more for good measure. This whole exercise in futility can take a quarter of an hour.

It is at this point, when he inspects his work, that he appears to realize something is amiss. His prize is not sufficiently buried and, in fact, is in plain sight. So he picks it back up and hunts for a better spot. And thus the cycle repeats over and over again until it's time for a nap.

Sometimes as I watch him and shake my head, I wonder if there is some of this craziness in me, too. Are there things that I do over and over out of a compulsion I do not understand — things that are equally unproductive? Maybe you know what I mean. Things like wearing ourselves out trying to impress other people. Or how about chasing after things that never satisfy. Or maybe it's just a cycle of busyness that doesn't really get us anywhere. Sometimes I wonder, but then it's time for a nap.

—Kari Myers, HomeTouch, October 17, 2010.

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## **A Prayer from the Heart**

Dear Jesus, Please give me the Grace to make the courageous decision to love You above all things. Amen.