



Daily Reflections

February 8, 2017

Scripture

Mark 7:14-23

Jesus summoned the crowd again and said to them,
"Hear me, all of you, and understand.

Nothing that enters one from outside can defile that person;
but the things that come out from within are what defile."

When he got home away from the crowd
his disciples questioned him about the parable.

He said to them,

"Are even you likewise without understanding?

Do you not realize that everything
that goes into a person from outside cannot defile,
since it enters not the heart but the stomach
and passes out into the latrine?"

(Thus he declared all foods clean.)

"But what comes out of the man, that is what defiles him.

From within the man, from his heart,
come evil thoughts, unchastity, theft, murder,
adultery, greed, malice, deceit,
licentiousness, envy, blasphemy, arrogance, folly.
All these evils come from within and they defile."

Our Scripture Reflection

To change your behavior, to grow away from a sinful life, one must first "look under the hood". If we don't examine the heart, then we will never be able to grasp what truly causes us to sin. To do this examination takes light and courage. Please pray for both.

Food for your Journey

Spiritual purification, Gandhi believed, would set the stage for building a better society. "The service of the distressed, the crippled and the helpless among living things constitutes worship of God," he wrote.

Gandhi's final school was his own heart. This would be his hardest conquest. Ever larger crowds cheered his talks. The British tried to break or buy him. Gandhi's response to the temptations of fame and power was to pray and to fast. "Not until we have reduced ourselves to nothingness can we conquer the evil in us," he said.

Gandhi stood at the crossroads of history — he redrew the map of the world — and yet he remained true to God and true to the victims of injustice. Through prayer, the reality of God became the ground of all his actions in the world. Through politics, the cause of social justice became the unavoidable task that God set before him as the consequence of his faith.

—Paul Fitzgerald, "For Gandhi, prayer preceded politics," *National Catholic Reporter*, March 13, 1998.

A Prayer from the Heart

Dear Jesus, Illumine the darkness in my heart and cleanse it with Your love so that all of my actions may be guided by Your love. Amen.