

January 22, 2008
Tuesday of the Second Week of Ordinary Time

Readings of the day may be found on the following link:

<http://www.nccbuscc.org/nab>

1 Samuel 16:1-13

Psalm 89:20, 21-22, 27-28

Mark 2:23-28

"The sabbath was made for man, not man for the sabbath. That is why the Son of Man is lord even of the sabbath."

As I read today's gospel, my immediate thought was that we often pay more attention to doing what is expected of us than paying attention to what we really need. As I prayed with today's gospel, I heard the invitation to listen to that small still voice within that calls me to rest rather than focus so intently on what needs to be done. I was reminded that God calls me to service not to slavery. Only a free and healthy heart, mind, body, and spirit can truly serve.

To know what you prefer instead of humbly saying Amen to what the world tells you ought to prefer, is to have kept your soul alive.

~ Robert Louis Stevenson