

Commentary on the Gospel for Sat, Feb 4th 2023

Some people will say that everyone should be kind and loving since being kind is just as easy as being selfish. But that's not really true. Being a loving person requires being attentive to other's needs and seeking opportunities to meet those needs. It often requires giving up things you want or going outside your comfort zone to reach out. And sometimes there doesn't seem to be any benefit to kindness. You get no gratitude and may even be taken for granted.

Jesus recognizes that serving others can be wearing, for his disciples and for us. He calls us to come aside with him and rest. Even Jesus took time away from his ministry to rest and to pray. That time apart is essential to a healthy spiritual life. We cannot solve all of the world's problems on our own, no matter how hard we try. There will always be those who need the help of a loving shepherd. By resting in the Lord and drawing strength from him, we can stay faithful to our part in his mission.

Mary Elizabeth Sperry - Bible Diary 2023 - Claretian Communications Foundation, Inc.