



# Daily Word of Life

February 2019

## “Seek peace, and pursue it.” (Ps 34:14)

01	Fri Heb. 10, 32-39	<b>For you have need of endurance.</b> We can translate it as "persistence," "perseverance," or "stand firm," but the thrust we receive in today's Word is the same: In times of pain, we must move on. Of course, there are situations that call for change, whether it is a job, a course or even an inappropriate and harmful relationship. Whoever, however, follows the life of the Word, whoever discovered 'That' which is Love, is called to persevere in the good that he does in the midst of difficulties. When we live for Him, it is your strength that sustains us when ours are over. Stand firm.
02	Sat Luke 2, 22-40  The presentation of the Lord	<b>"To present Jesus to the world".</b> We should always have the courage and joy to propose, with respect, the encounter with Christ and to become bearers of his Gospel. Jesus came among us to show us the way of salvation and entrusted us with the mission of making everyone known to the ends of the earth. " (Bishop Irineu R. Scherer, Missions, page 35)
03	Sun Luke 4, 21-30	IV Sunday of Ordinary Time – <b>“No prophet is welcome in his homeland.”.</b> (Lc 4, 21-30)
04	Mon	<b>“Seek peace, and pursue it.” (Ps 34:14)</b>
05	Tue Heb 12, 1-4  St Agatha, virgin and martyr	<b>Let's put aside what weighs us down.</b> An athlete who wants to win a race, whether training or competing, tries to get rid of everything that impairs his performance. In order to have a life balance, or to become winners in the life of the Word, in the art of loving, we must free ourselves from certain burdens of the past. Sin, grief, remorse, complexes, etc., take away our balance and, consequently, the possibility of justly overcoming the challenges of life. Giving up the evils of the past is essential for those who want to win by loving. "Love conquers all" (Virgil). Get rid of the weights of the past.
06	Wed Mark 6, 1-6  Ss Paul Miki and Comp. martyrs	<b>And he marvelled because of their unbelief.</b> Faith, love and fidelity are part of the same reality. Faith is not just a religious sentiment or devotion. Faith is a relationship of love and fidelity. When you ask someone about their reasons for loving someone else, it is difficult to find a response that is complete. It is not the explanations that define faith, but the relationship of love and fidelity that we have with the one who became the Word. Love exists. Believe in love.
07	Thu Mark 6, 7-13	<b>And he began to send them out two by two.</b> We can do good alone for a while, but it is possible that fatigue and discouragement will soon come. Jesus invites us to follow him in a life of communion. He promises to be among two or three gathered in his name (Mt 18:20). We grow in unity and love when we are able to do good together with others. Remember, "Let's go faster alone, but together we'll go further." Look for unity.
08	Fri Heb 13, 1-8  St Jerome Emiliani St Josephine Bakhita, virgin	<b>Let brotherly love continue.</b> When activities related to work, coexistence and spirituality become a "tedious routine," our physical, psychic and spiritual health is in danger. It is not possible to change schedules, activity schedules or coexistence group at any time. Often we expect the change of behavior of others or news that can liven up our day, and this hardly happens. Something that overcomes boredom is perseverance in brotherly love. When I am able to renew with the people with whom I live daily, with gestures and words, love, good, charity, life gains a new strength, creativity and meaning. To persevere in love is to start over again. Continue to do good.
09	Sat Mark 6, 30-34	<b>And he had compassion.</b> "Christian charity extends to all without discrimination of race, social status or religion; do not expect any profit or thanks. Therefore, just as God loved us with a gratuitous love, so also the faithful, by his charity, be solicited by men, loving them with the same zeal with which God came to seek them. " (Bishop Irineu R. Scherer, Missions, page 28)
10	Sun Luke 5, 1-11	V Sunday of Ordinary Time – <b>“At your word I will let down the nets”.</b>
11	Mon Our lady of Lourdes	<b>“Seek peace, and pursue it.” (Ps 34:14)</b>
12	Tue Gen 1,20–2, 4a	<b>Everything was very good.</b> God did not make a mistake. He did everything perfectly. And we all have within us the goodness, the love, which comes from Him. But for the most part, we limit ourselves to looking at what is negative. How about we have our eyes open today to see what is good in us and in others? It is a challenge in the face of the pains, injustices, errors and problems that we encounter. But when we look to the positive, we are stronger in the difficulties, more grateful and happier. See the positive.
13	Wed Mark 7, 14-23	<b>What makes unclean is the evil that comes out of the heart.</b> Balanced heart and mind bring benefits to the body and soul. When we feed on negative, spiteful, spiteful feelings, memories, thoughts, and reasonings, our body and mind react unbalanced. You may know this question: "If you could eat what you say, think or do to others, would you be feeding yourself or poisoning yourself?;" "Eating yourself is good for our lives and for those who live with us . He who nourishes himself, who is Love, purifies life. Feed yourself of good.
14	Thu Mark 7, 24-30  Ss Cyril, monk, and Methodius, bishop	<b>And she begged him.</b> In our arrogance we are able to think that we have control of people, of situations, of the future, in the end, of all life. The supplication is the recognition that, faced with certain challenges and events, we are powerless. We do not always receive answers from God that please us, but when we are able to continue loving, even in the face of God's harsh responses, we are able to break the hardness of our pride by believing in love. Stay in humility.
15	Fri Mark 7, 31-37	<b>His ears were opened.</b> In our history it is possible that we have accumulated in the heart hard words that have been blocking our soul. We do not want to hear anymore because we do not want to hurt ourselves. But there is a voice that liberates, that opens the soul and that comes from above. It is a soft voice that sometimes whispers suggestions that were unimaginable to us some time before. It is the voice that speaks with tranquility and confidence: forgive, recommence, help, love for first, share, trust, cheer up, listen, donate ... and much more. This voice opens not only the ears and the soul, but relationships, the future and eternity. Open up and listen.

16	Sat Mark 8, 1-10	<b>I have compassion on this crowd.</b> "Where does Jesus send us? There are no boundaries, there are no limits: it sends us to all people. The Gospel is for all and not for some. It is not only for those who seem to us to be closer, more open, more welcoming. [...] Do not be afraid to go and take Christ to all the environments, to the existential peripheries, including those who seem more distant, more indifferent. The Lord looks for all, wants everyone to feel the warmth of his mercy and his love ". (Pope Francis, transcribed from the book Missions, p.54; Bishop Irineu R. Scherer).
17	Sun Luke 6, 17. 20-26	VI Sunday of Ordinary Time – <b>"Your reward is great in heaven."</b>
18	Mon	<b>"Seek peace, and pursue it." (Ps 34:14)</b>
19	Tue Mark 8, 14-21	<b>Are your hearts hardened?</b> The tendency of every problem, even of some seemingly irreversible ones, is to move towards a solution. This is easier when we are flexible and open-minded people. When we give up the hard wounds of our history and in God we find the strength to forgive, the hardness in answers, reactions, decisions and the way of thinking and talking about things and people gradually disappear. An open heart attracts miracles and is able to open new paths. Slow down the heart.
20	Wed Mark 8, 22-26	<b>He saw everything clearly.</b> There are many visually impaired people who do good by helping other people. They are able to "see" with the heart. A great blindness of the world today is selfishness. When we look at people, events, challenges and sufferings with our eyes opened by love, we are able to see the beauty and the light that exists in everyone. Instead of looking into the darkness of our pains, our past and our limits, we are invited to see the light that God gives rise to from every pain given, embraced and forgiven. To see clearly is to see with sobriety. Have a look of sobriety.
21	Thu Mark 8, 27-33  St Peter Damian, bishop and doctor	<b>Who do you say that I am?</b> Information about a person's identity, history, and behavior is not yet known. To know someone, you have to have a relationship, a proximity. We know Jesus as we relate to him, the Word, the sacraments, the acts of love, forgiveness, brother, etc. We can in prayer and action find out who He is. Relate to Good.
22	Fri 1 Pet 5, 1-4  The Chair of St Peter, apostle	<b>Tend the flock of God.</b> Today is a special day to ask God for those who lead us in the faith. The Lord gave the authority of the announcement to limited and sinful men, and to one of them even more specific and particular. Many, believing in God's love, even with their weaknesses and limitations, have agreed to help people grow in the life of the Word, in love for God and for the brothers. We can be, in a way, in the name of the "Shepherd", small shepherds who are willing to take care of those who are close to us, serving and strengthening. Take care of each other.
23	Sat Heb 11, 1-7  St Polycarp, bishop and martyr	<b>Be faithful.</b> "Saying yes and being faithful to that voice that calls me every day is my desire. [...] when the heart is left free, God begins the work, so I launched. [...] every retreat experience felt that God was asking me for more and even with my miseries I try to go further, always seeking to live this ideal united to this new way of life. To be in the will of God without resistance and to meet the other even without speaking another language even with cultural diversity, made me concretely believe that the language of love has no borders. (Fernanda de J. M, Bishop Irineu R. Scherer, Missions, p.89)
24	Sun Luke 6, 27-38	VII Sunday of Ordinary Time. – <b>"With the same measure you measure ... you will also be measured"</b> .
25	Mon	<b>"Seek peace, and pursue it." (Ps 34:14)</b>
26	Tue Sirach 2, 1-11  St Alexander of Alexandria, Bishop	<b>Await God's patience.</b> When we feel helpless in the face of difficulties and sufferings, waiting for something, for someone or for a solution, is not easy. It is natural that we want immediate and automatic solutions to the difficulties of our life. Many times this is not possible. To support and hope, for those who believe, is an act of faith, which overcomes feeling and invites us to maintain fidelity. When our forces find their limit, God's strength in us takes us beyond. Go beyond pain.
27	Wed Mark 9, 38-40	<b>For he that is not against us is for us.</b> We often overestimate the differences. Religion, political conviction, nationality, academic training, among many things, should never serve to separate or discriminate people. Instead of building barriers, distances, we could build true relationships of brotherhood and learning with those who are different. We should always remember that we are neither better nor worse than others. We are brothers. Living with the differences.
28	Thu Sirach 5, 1-8	<b>Do not delay in returning to the Lord.</b> There are many people who spend their lives far from God, without believing in Him, and do good to others. Others, in a different way, find in their relationship with God the disposition and strength to love and do good. He who believes in a sincere way, knows how to live every moment present, believing in eternity. When we stop to start over, to forgive later, to help later, we do not realize that the "after" does not yet exist and may not even come. The moment we have to love and start over is "now." How about starting over immediately with God and with the brothers? Restart.

*These comments are usually prepared for the daily meditations of the young people of Fazenda da Esperança.*

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*\* The Word of Life of the Month can be found at [www.focolare.org](http://www.focolare.org) (English).*