

# Daily Word of Life

February 2023

## "Chosen to Bring Hope."

01	Wed Mk 6:1-16	<b>Appreciate the presence of Jesus among us.</b> The family of Jesus is made up of each person who sincerely welcomes Him. When we are touched by the Word, when we believe in His presence among us and try to love with concrete gestures, we can experience true miracles. We are urged today to recognize the presence of Jesus in our neighbours and in the events of life. Prayer and acts of love will encourage us to live in unity, generating the presence of Jesus. <b>Generate unity with acts of love.</b>
02	Thu Lk 2:22-40  Presentation of the Lord	<b>Welcoming Jesus.</b> The attentive Simeon, enlightened in soul and gaze, never dared to doubt in his heart, touched by the light, that the God of our hope was smiling upon him in that child who, for us, would one day give himself up to a hard death on the cross. And in the heart of the young mother, the certainty that, even if her soul was pierced in pain, she would follow through to the end; for she was presenting to the world the child who is our light, our little Jesus, salvation and eternal joy. <b>Light up the day with gratitude.</b>
03	Fri Heb 13:1-8  S. Brás	<b>Persevere in fraternal Love.</b> Unity is built with fraternity. When we recognize the other as brother and sister, we become more capable of establishing positive relationships. Then we begin to see other people, even those who are unfriendly, unknown or those who have hurt, as candidates and candidates for a new life. A privileged environment for an encounter with God is where true brotherly love exists. To persevere in brotherly love is to witness unity. <b>Maintain unity.</b>
04	Sat Mk 6:30-34	<b>Jesus had compassion...</b> "In truth, only the heart that is not carried away by haste is capable of being moved (...) Compassion is born of contemplation. If we learn to rest truly, we will be capable of authentic compassion; if we cultivate a contemplative gaze, we will carry out our activities without the rapacious attitude of one who wants to possess and consume everything; if we remain in contact with the Lord and do not anesthetize the deepest part of ourselves, the things to be done will not have the power to take our breath away or to devour us." (Pope Francis, July 18, 2021)
05	Sun	5th Sunday in Ordinary Time - <b>That they may see your good works and glorify your Father (Mt 5:13-16)</b>
06	Mon	<b>"You are God who sees me"</b> (Genesis 16:13).
07	Tue Mk 7:1-13	<b>Honor God with our lips and with our heart.</b> Religious practices are important, but if the life we lead does not correspond at all to the good we claim to believe in, we live a hypocrisy. A fantastic way to honour God is the concrete experiences we make. The prayers, the celebrations, the praises and the preaching, gain a more beautiful and deeper dimension when they are positive reflections of our way of living. And, in this way, the good that we possess in our soul will overflow from our lips. <b>Live with coherence.</b>
08	Wed Mk 7:14-23	<b>To fill our hearts with Good.</b> It is another way of saying that we need to feed our soul with God's love. It is a step that helps us to free ourselves from our outbursts of anger, laziness, immoralities, judgments, gossip, wrong proposals, and a host of negative things. It is the courageous step of letting go of evil by doing good, filling the day with patience, fresh starts, sharing, giving, forgiving, welcoming, and a beautiful, endless list of positive things. <b>Freeing ourselves from that which is negative.</b>
09	Thu Mk 7:24-30	<b>Ask Jesus by living humility.</b> Faced with difficulties, humiliations, misunderstandings, and impossibilities, it often seems that God is responding to us harshly. These are moments that can also lead us to humility, to recognize our fragility and to believe that there is an invisible action of God's love in everything that is happening. It is not easy, but we know that certain moments of humiliation are bearers of liberation. The humility of one who embraces the pain leads to the One who is love, God. <b>Go beyond the pain.</b>
10	Fri Mk 7:31-37  Saint Scholastica	<b>Open yourself to the Word.</b> God relates to people who welcome and seek to live his Word. Countless times, when we were closed to his voice, we were open to addictions, sins, and other destructive realities. Today we can open ourselves to the Word, not so much in sermons or explanations, but with concrete experiences. The Word opens us to smiles, to the willingness to serve, to share, to help with the cleaning and the work in general. It opens us to forgiveness and to the witness of a new life. <b>To be open to the good.</b>
11	Sat Mk 8:1-10  Our Lady of Lourdes	<b>Repertir.</b> "God's love for humanity hungry for bread, for freedom, for justice, for peace and, above all, for his divine grace, never fades. Jesus continues also today to nourish, to become a living and consoling presence, through us. Therefore, the Gospel invites us to remain available and industrious, like that young man who realizes he has five loaves of bread, and says, "I offer this, see what you can do...". In the face of the cry of hunger - all kinds of 'hunger' - of so many brothers and sisters throughout the world, we cannot remain indifferent and tranquil spectators." (Pope Francis, July 29, 2018)
12	Sun	6th Sunday in Ordinary Time - <b>Let your 'yes' be yes, and your 'no' be no (Mt 5:17-37)</b>
13	Mon	<b>"You are God who sees me"</b> (Genesis 16:13).
14	Tue Mk 8:14-21	<b>Understand, comprehend, practice.</b> To understand and to comprehend, in today's reading, can mean to perceive, to grasp the idea, to enter into the proposal. To enter into Jesus' proposal, it is necessary to renounce the selfish, closed and negative way of thinking. It is a new way of life that translates into forgiveness, helping,

		sharing, and every practice of good. Petty and limited ideas can destroy us, but the life of the Word, because it is love, has the strength to rebuild humanity. <b>Live the style of the practice of good.</b>
15	Wed Mk 8:22-26	<b>To see God's action.</b> When someone can no longer see the good in their own soul or in the lives of others, they have entered a spiritual darkness. It is a time of suffering and anguish for the person himself, as well as for those around him. Healthy environments, in which one perceives the presence of Jesus in the midst, can gradually restore light and joy to those going through the darkness. The spiritual life, the willingness to love, and the concrete experiences of the Word generate the presence of Jesus. He is the light in our darkness. <b>See the positive.</b>
16	Thu Mk 8:27-33	<b>Who is Jesus for us?</b> What would it be like if Jesus asked you: Who am I for you? We might think of Him as someone distant, the One to whom we cry out in times of distress, see Him as a historical figure. He is much more than that. He can be the One who is always present, someone I meet every day, welcome into the life of the Word and embrace in every suffering. When we truly realize who Jesus is, life takes a new direction, we become better people who are able to witness to his love. To <b>identify with the good.</b>
17	Fri Mk 8:34-9:1	<b>Take up your cross and follow me.</b> The scary cross is the weight of our sins, the darkness of our fear, the invasion of sadness into our hearts, the sign of injustice, of despair, the cruel and crushing pain. The cry of abandonment. Yet now it becomes the Cross of Jesus, the only hope. When we follow Him we become obedient to His Word, it leads us; and everything that was once suffering takes on new meaning. Every painful situation, small or large is the presence of Jesus. And when He presents Himself, if we embrace Him, our cross is transformed into light. <b>Transform pain into love.</b>
18	Sat Mk 9:12-13	<b>Embrace the cross with Jesus.</b> "What a great distance there is between the One who reigns silently on the cross and that false god whom we would like to see reign by force and reduce our enemies to silence! How different is Christ, who proposes himself to us only with love, compared to the powerful and victorious messiahs flattered by the world! Jesus shakes us, he is not content with declarations of faith, he asks us to purify our religiosity before his cross, before the Eucharist. (Pope Francis, September 12, 2021)
19	Sun	7th Sunday in Ordinary Time - <b>Love your enemies and pray for those who persecute you</b> (Mt 5:38-48)
20	Mon	<b>"You are God who sees me"</b> (Genesis 16:13).
21	Tue Eccl 2:1-13	<b>Endure God's delays.</b> Only those who have been through a long time of trial know what it means to persevere in goodness when God seems unresponsive. Faith is the gift of a supernatural relationship, capable of sustaining our trust in Him even when we do not understand Him. Mother Basileia, founder of a well-known congregation of evangelical sisters, in long moments of difficulty always prayed, "My Father I do not understand you, but I trust in you." It is a prayer that renews our strength. <b>Know how to wait.</b>
22	Wed Sl 50  <b>Ash Wednesday</b>	<b>Create in me a heart that is pure.</b> We begin Lent today with a day of fasting and penance. A great cry we can raise to Heaven at this time is to ask for a pure heart: "Cleanse us, Lord, from the filth of our judgment, from the filth of our selfishness, from the impurity of our hatred, our sin, our malice. Cleanse us, Lord, from the filth of our destructive comments and customs. Give us a heart capable of repenting, doing penance, beginning again to do good, and walking always with You." Begin to <b>do good again.</b>
23	Thu Lk 9:22-25	<b>Renounce yourself.</b> This proposal, which seems absurd in our days, doesn't actually call for a physical or psychological denial of the person. It can be understood, in a way, as a call from Jesus to abandon harmful attachments or small, selfish and petty projects. We can take up His proposal, which transforms our short existence into reflections of eternity. Renouncing certain ideas or behaviors that limit us leads us to discover that we have the unlimited identity of love. Renounce <b>selfishness.</b>
24	Fri Is 58:1-9	<b>Live the fast by doing good.</b> In this time of fasting and penitence, we are called by God to live intensely the love for our neighbour. Praying, singing, fasting, and doing devotional acts without the practice of good can be a sign of an incoherent and individualistic life. God, because He is love, recognizes those who sincerely invoke Him in the gift of loving by doing good. What are the concrete actions that we take in this Lenten season? Charity covers a lot of sins, incoherence does not. <b>Assume actions of concrete help.</b>
25	Sat Lk 5:27-32	<b>I have not come to call the righteous, but sinners.</b> [...] I think Jesus came for me. Because we are all sinners. Everyone. [...] Each of us knows where our sin ado is strongest [...]. First of all, we must recognize this: none of us, among all of us who are here, can say, "I am not a sinner." The Pharisees claimed this. And Jesus condemns them. They were haughty, vain, thinking themselves superior to others. On the contrary, we are all sinners. [...] Jesus comes to us, comes to me, comes to me because I am a sinner." (Pope Francis, July 7, 2017)
26	Sun Mt 4:1-11	1st Sunday in Lent - <b>You shall worship the Lord your God, and to Him alone shall you worship.</b>
27	Mon	<b>"You are God who sees me"</b> (Genesis 16:13).
28	Tue Mt 6:7-15	<b>Thy will be done.</b> To will means to want something that we do not yet have. God, who has everything, desires our love. He only has it if we give it. I can live love in the already foreseen situations of work, schedules, studies, programming, as well as in the unforeseen situations that always happen. To love, to embrace the will of the Father, is to go beyond establishing fraternal family relationships, it allows us to welcome God's presence in every small or big event of life. To <b>love in the present moment.</b>