



Daily Reflections

FROM THE ROOFTOP OF FAITH

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

When Jesus returned to Capernaum after some days, it became known that he was at home. Many gathered together so that there was no longer room for them, not even around the door, and he preached the word to them. They came bringing to him a paralytic carried by four men. Unable to get near Jesus because of the crowd, they opened up the roof above him. After they had broken through, they let down the mat on which the paralytic was lying. When Jesus saw their faith, he said to him, "Child, your sins are forgiven." Now some of the scribes were sitting there asking themselves, "Why does this man speak that way? He is blaspheming. Who but God alone can forgive sins?" Jesus immediately knew in his mind what they were thinking to themselves, so he said, "Why are you thinking such things in your hearts? Which is easier, to say to the paralytic, 'Your sins are forgiven,' or to say, 'Rise, pick up your mat and walk'?"

But that you may know that the Son of Man has authority to forgive sins on earth" – he said to the paralytic, "I say to you, rise, pick up your mat, and go

home.” He rose, picked up his mat at once, and went away in the sight of everyone. They were all astounded and glorified God, saying, “We have never seen anything like this.”

MARK 2:1-12

Reflection

There are so many avenues and insights for our own reflection in this passage from Mark. First, the courage and tenacity of the four friends to seek a way to place this man before Jesus, a faith rich and strong in knowing Jesus’ healing power. Second, these four friends needed to create a path to get the man to Jesus. There was no way though the crowds, yet they had the ability and imagination to create a pathway by climbing onto the roof. Third, they loved their friend enough to risk looking foolish in the sight of others by carving a hole in the roof! Their trust was in Jesus and their love moved them to an extraordinary effort to seek healing for their friend.

I’m also looking at the house as a metaphor for our own lives. What does healing mean to you and me? What does it look like? In my own “house of faith,” am I willing to lower myself to the center of my being and seek the healing I might need – in body, mind, and spirit?

I’m also intrigued by the sentence “and the man walked out in front of everyone” in the later part of this scripture passage. There is a great sense of freedom in this man – the freedom to walk and not worry about what others in the house might be thinking. There is freedom in trusting the Lord and responding to his command to pick up his stretcher and go home.

I wonder what I might need to pick up in my own life and “go home” to the Lord. Not literally as in eternal life, but to have that inner freedom to be at home in my faith and trust in God. This is the grace and desire I want in my own life, and in the lives of all who follow Jesus. May we each have the courage to seek healing when we need it and to continue our walk of faith with the courage and tenacity of the four friends and the man who was healed.



Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What does this passage reveal about your inner life and journey with God?
- Are there any aspects of your faith that are paralyzed? Allow the healing power of God to sooth these aspects of your woundedness.

- Perhaps you are being called to be one of the four who are helping a friend to heal.... Who might this friend be and how are you being called to assist him or her?
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For Prayer

*Healing and loving God,
we pray for all people who are suffering in body, mind, and spirit.
May we have the courage and fortitude
to assist others on their healing journey
in ways that align with our gifts and abilities.
Let us lift up to God all who are cast down
and in need of God's abundant love.
And may we take the time to discern what needs healing within ourselves.
Amen.*

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