



Daily Reflections

"TELL NO ONE"

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

A leper came to him and kneeling down begged him and said, "If you wish, you can make me clean." Moved with pity, he stretched out his hand, touched the leper, and said to him, "I do will it. Be made clean." The leprosy left him immediately, and he was made clean. Then, warning him sternly, he dismissed him at once. Then he said to him, "See that you tell no one anything, but go, show yourself to the priest and offer for your cleansing what Moses prescribed; that will be proof for them." The man went away and began to publicize the whole matter. He spread the report abroad so that it was impossible for Jesus to enter a town openly. He remained outside in deserted places, and people kept coming to him from everywhere.

MARK 1:40-45

Reflection

In so many scripture passages, after Jesus has healed someone, he says “tell no one.” This always gives me pause, because why wouldn’t you want people to know of your healing power? With some reluctance, I land on the idea that perhaps his ministry of healing would overshadow everything else – especially his preaching and instructions for a life of discipleship.

So often we can get caught in the glitz or extraordinariness of an event and lose the deeper insight and nuances that are present in any given situation. With Jesus, there was so much he needed to say, to teach and fulfill, I can see where he would be overwhelmed with the hordes of people seeking healing.

How might this inform our lives today? I wonder if we get distracted by the externals of life, moving away from the deeper connections of relationships and encounter. If Jesus had spent his entire public ministry healing, we would not have received the revelation of his spoken word, his presence among all peoples, and his willingness to cross cultural and religious boundaries.

We have a fuller picture of the life of Jesus in his three years of public ministry. If we were limited to only the healing stories, what a tragedy that would be for us who seek wisdom and guidance from the Living Word as we strive to live our lives according to his teachings.

My pondering on “tell no one” also brought me to a point of reflecting on how ego might get in our way and distract others from the gospel message we seek to live in our own lives. Are there times when pride or boastfulness clouds the greater message of how God is working positively in our lives?

Let me give an example of what I’m trying to express. If one has the gift of song, and often receives positive feedback on their ability to sing, this is reassuring and a wonderful experience. Where it can become more problematic is when our motivation for singing comes from a need for these positive comments, rather than from a desire to praise God through the gift of song. The gift of singing in a choir, or simply singing from the pews, is for the praise of God and the deeper messages within the lyrics.

Jesus did not want the other important aspects of his public ministry to be overshadowed by his ability to heal. The most important aspect was for those to take in his teachings and his ability to be with and among the people. It is wonderful role-modeling for each of us. What might we be doing, or not doing, that overshadows the ability of others to experience God at work in us?



Basilica in Carey, OH
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Reflect on the words "tell no one" and what they might mean in your life. Perhaps there is something you are saying or doing that distracts others from living the gospel more fully in their lives, as well distracting you from living it more fully in your own.
- Jesus did not want the attention of the crowds because he wanted to be free to live and minister among the people. What distracts or hinders you from freely being available for service among God's people?

For Prayer

*Jesus,
may we live and move throughout life
without the distraction of needing undue attention.
May our lives speak to our faith in you,*

*and may our thoughts and actions flow
from a desire to proclaim the Word
through the manner in which we interact and engage with others.
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent bythecsd@csjorange.org