

August 8, 2025

Daily Reflections



FOLLOW ME!

By Sister Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to his disciples, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it. What profit would there be for one to gain the whole world and forfeit his life? Or what can one give in exchange for his life? For the Son of Man will come with his angels in his Father's glory, and then he will repay each according to his conduct. Amen, I say to you, there are some standing here who will not taste death until they see the Son of Man coming in his Kingdom."

MATTHEW 16:24-28

Reflection

This passage from Matthew's gospel is not for the faint-hearted. It is Jesus, very

clearly, letting us know that to follow him is no bed of roses. Our lives will be like his, full of love, sacrifice, friendships, and surrender.

This message through our 21st century ears might seem strange since being hung from a cross is such a horrific way to die. It reminds us that we might experience hardships, rejection, and even death as followers of Jesus. It stretches us to see the people we encounter as brothers and sisters – as difficult as this might be.

If we play this out a little bit, we can see where there are no easy paths as disciples on the way. It means loving those who we might experience as harsh and difficult. It means using our voices and our means to counter the injustices that are part and parcel of life today. It means remaining faithful despite the temptation to seek a path less difficult.

When Jesus speaks about denying ourselves, it doesn't mean rejecting who God has created or belittling ourselves in any way. It means letting go of those things in our life that lead to self-destruction or that hinder us from enabling others to thrive. It means letting go of all that separates us from our Beloved. At the conclusion of this gospel, we are given hope – a hope that flows from our ability to faithfully follow Jesus in the realities of our lives.



For Pondering

- What are the challenges in your life that impede your ability to follow Jesus more readily?

- How would you describe your journey of discipleship? How does it inform your life as you move forward?
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For Prayer

*God, grant us the grace we need to remain faithful
to our desire to be your disciples.
May we take up our cross this day,
no matter the burden,
as we know you walk beside us each moment of our lives.
Amen.*

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