

February 6, 2025

Daily Reflections



DISCIPLESHIP!

By Sister Jayne Helmlinger, CSJ

Today's Gospel

Jesus summoned the Twelve and began to send them out two by two and gave them authority over unclean spirits. He instructed them to take nothing for the journey but a walking stick – no food, no sack, no money in their belts. They were, however, to wear sandals but not a second tunic. He said to them, “Wherever you enter a house, stay there until you leave from there. Whatever place does not welcome you or listen to you, leave there and shake the dust off your feet in testimony against them.” So, they went off and preached repentance. The Twelve drove out many demons, and they anointed with oil many who were sick and cured them.

MARK 6:7-13

Reflection

This passage from Mark depicts the call of discipleship to the twelve apostles –

and to us! Jesus didn't send them out unprepared and there is a depth of meaning in this passage if we break it open. First, Jesus chose these men to be his first disciples. For those of us who claim our faith, we too are chosen, and it is up to us whether or not we respond to Jesus' call in our lives.

Jesus prepared the disciples through his teaching and healing. We have sacred scripture and our own lived experiences in faith to guide us. We are prepared and it is our responsibility to remain faithful and constantly seeking the wisdom, grace, and call of our Beloved.

The mission of the first disciples is our mission, too. We are called to continue to live and spread the Word of God in our lives. We have each been given gifts and they are ours to "fan into flame!" I have to admit I struggle with "shaking the dust off our feet" if we face resistance to God's message from others. On one hand, I get it – do not waste the precious time we are given in this life on those who refuse to listen. On the other hand, I don't want to give up on people. This is something I continue to ponder and struggle with in my own life – when to move on.

If we read this passage too quickly, we might lose the difficulty of being a follower of Jesus. Yes, the disciples went on to heal and teach as Jesus had taught them. At the same time, we know they faced harassment and threats along the way. That's the reminder to me to keep going even in the face of resistance – mine or others'! It also reminds me that the apostles were sent off two by two; another keen reminder that we need not be lone wolves as we seek to do what is ours to do. We have one another and the synergy and energy we receive from one another is vitally important in staying the course and responding in faith, hope, and love, to whatever comes our way.



Ireland

Photo by Sister Jayne Helmlinger, CSJ

For Pondering

- As you read this passage from Mark, what captures your attention? How do you find your life as a disciple of Jesus? What helps and what hinders your ability to respond to God's call in your life?
 - What preparation and ongoing learning enables you to be your best "disciple-self?" What might you need to enhance your contribution to spreading the Word of God in your life?
-

For Prayer

*O God of the journey,
may we not grow weary as we walk the path of discipleship.
May we continually learn from those who have gone before us
and walk confidently, yet gently, with our God.
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.



Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

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