

THERE HE PRAYED

*Very early in the morning, while it was still dark,
Jesus got up, left the house and
went off to a solitary place and there he prayed.
Mark 1:35*

REFLECTION

Jesus had a busy schedule. He had been teaching, healing and attending to the works which he was entrusted to do while on earth. In the paragraph before Mark 1:35, we are told that after a long day, he made time for a home visit when he went to Simon's home. There he healed Simon's mother-in-law who was sick. Without much time for rest, in the same evening he continued with his healing and deliverance ministry, using Simon's home as a base.

In spite of his busy schedule and ministry demand, Jesus was not a workaholic. We can see that he had much to do and the large crowds attracted to him made it almost impossible to have a break. Yet he showed us a healthy rhythm for a holistic life.

What he did was to make time for personal spiritual refreshment in the midst of a hectic schedule. While others were still asleep and there was no crowd around, he went to a quiet place to pray.

If Jesus, the Son of God finds it important to commune with God and to be spiritually renewed through prayer, we who are followers of Christ must learn to take a regular break putting aside a designated time, at a solitary place, for personal conversation and communion with God.

A quiet time for prayer will give us the energy for wholesome living. It nourishes our physical well-being, renews our mind and lifts up our spirit.

Keep yourself spiritually healthy. Get yourself energised daily by cultivating a person-to-person time with God just as Jesus did.

PRAYER

Father Almighty, thank you for life and work. If we have neglected our spiritual well-being because we have been too preoccupied with works and worries, forgive us. Teach us to pause and pray and to do so as part and parcel of our spiritual exercise for wholesome growth. In the Name of Jesus. Amen.

SUPPLICATION

- While the COVID situation has escalated in recent weeks, we thank God for the medical professionals and other front liners for their commitment in providing healthcare and healing. Pray that these workers will be protected from the coronavirus.
- The Delta strain of COVID-19 virus has caused widespread havoc around the world. Pray that new and effective treatments will be found to stop this illness and that such treatments will be accessible, affordable and available to the poorest people of the world.
- The political chaos in Afghanistan has brought fear to the people in that country. Pray that the new government will respect and protect the basic rights of Afghan women, children and people who follow other religions.
- The withdrawal of foreign troops in Afghanistan has also taught us invaluable lessons. We cannot depend on foreign powers to protect us or to prop up a corrupt and incompetent government. Pray that God will continue to give us wise, righteous, competent and courageous leaders to lead our country for many more years to come. Pray that such leaders will foster peace and justice and always be attentive and responsive to the poor and powerless for the sake of the common good.

*"There is a quiet place
Far from the rapid pace
Where God can soothe my troubled mind
Sheltered by tree and flower.
There in my quiet hour with Him
My cares are left behind.
Whether a garden small
Or a mountain tall
New strength and courage there I find.
Then from this quiet place
I go prepared to face
A new day with love for all humankind."*

(Ralph Carmichael)

If you need any prayer or pastoral care support, kindly contact the pastoral care team via:

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