



**Five Important Spiritual Thoughts from the Liturgy of the Word
...and follow up for the Secular Franciscan
January 26 – February 1**

1 – “The measure with which you measure will be measured out to you.” (Mk 4:24)

It is interesting to see the development of the Gospel from which this quote is taken, Mark 4:21-25. Jesus speaks of people of whom more is required because they realize how blessed they are. That can easily be applied to Secular Franciscans because we understand that in order to be better people, we have chosen to follow the Lord with the specific thought of St. Francis of Assisi in mind. We have “more” because we understand that, and therefore “more” will be required.

That gives more meaning to the statement from Jesus that we should be “lamps” for others to see. Therefore, our call has made us people who should shine the light of faith to others, show others by our actions, even sometimes with our words, that the Lord must be proclaimed to all, that the Christian message should direct our lives.

That is an awesome responsibility coming from the fact that we realize that we must do “more.” The Lord knows how we think, however. If we are doing “more” than others and are required to continue to do “more,” the chances are that we see that others are not doing “more” or not doing what should be. And we judge. We think of them as lesser, that because we are doing “more,” that we are “better” than they are.

And so, the Lord warns us—don’t judge anyone else, worry about yourselves because **“The measure with which you measure will be measured out to you.”** If you are judging others because they are not doing what you are doing, you will be held to stricter justice.

We are not here to judge people; we are here to be lamps to help them.

2 – “We are not among those who draw back and perish, but among those who have faith and will possess life.” (Heb 10:39)

...Again, I should make a silent prayer thanking the Lord for my faith.

3 – The Beatitudes according to Matthew. (Mt 5:1-12a)

Poor in spirit: do I allow material things to dominate my life?

SHAPING THE FRANCISCAN FOOTPRINT
by Father Mike Scully OFM Cap., Regional Spiritual Assistant



Mourn: there is pain in my life, but Jesus and what he teaches is the answer to that pain.

Meek: this is a direct statement against power and the people who want more power. Do I try to be more important than others?

Righteousness: do I really work at prayer and closeness to the Lord, and desire to be a holy person?

Mercy: do I reach out to the hurting people around me and help them if I can?

Clean of heart: am I honest, sincere, chaste, and do I lie to protect myself?

Peacemakers: do I really try to reconcile the factions that divide us?

Suffer insult: I should expect criticism for trying to be a good person, but I should be a good person anyway.

4 – “(Let us) persevere in running the race that lies before us while keeping our eyes fixed on Jesus.” (Heb 12:1-2)
...Have I?

5 -- “Do not be afraid; just have faith.” (Mk 5:36)
...The two most used phrases of the Gospels.