

January 20, 2014

Intercession:

For the parents who influenced their child's choice to abort their grandchild: that they may have the humility and wisdom to see the wrong they've done and to seek forgiveness from God and from their child.

Prayer:

Our Father, 3 Hail Marys, Glory Be

Reflection:

Today is the memorial of St. Sebastian, the famous martyr and patron of athletes, who lived his faith courageously in the midst of intense Roman persecution. St. Sebastian's life reminds us that in the midst of threats to the faith, living and dying for Christ is the ultimate witness—one that changes others. In today's Mass readings, the prophet Samuel chastises King Saul for failing to obey the Lord's command, reminding him that God values our obedience more than sacrificial offerings. The Psalm, too, reminds us that an upright life is more pleasing to God than empty professions of faith. Are our actions always consistent with what we profess as Catholics? Do we sometimes hope that God will overlook our disobedient hearts by distracting him with rote prayers?

Acts of Reparation (choose one)

- It's easy to put our headphones on and ignore our siblings or parents in the car. Instead, enjoy the opportunity you have to talk to them, ask them how they are doing.
- Smile. Ask God today for the grace to be extra joyful and share your love for Christ with those who need that encouragement the most today. "Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."
—Blessed Mother Teresa of Calcutta
- We can sometimes forget how blessed we are to have many of our daily comforts. Give up sleeping with your pillow tonight.

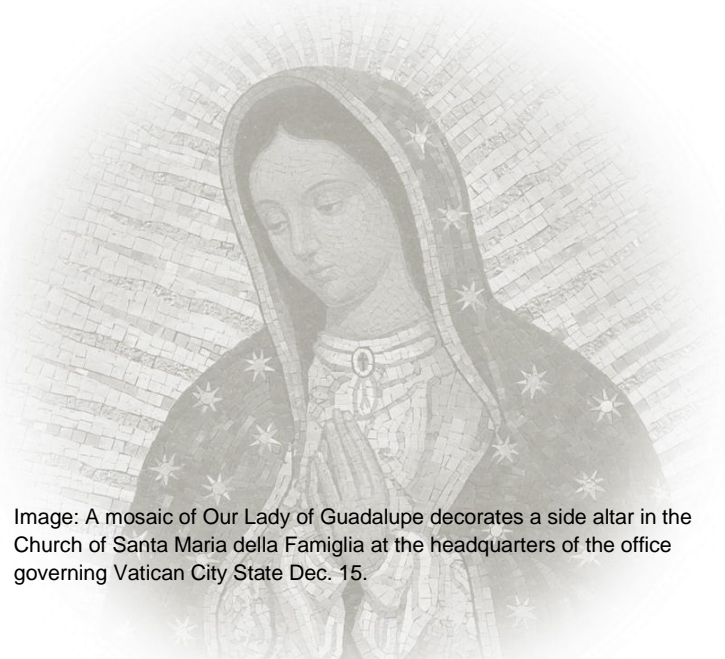


Image: A mosaic of Our Lady of Guadalupe decorates a side altar in the Church of Santa Maria della Famiglia at the headquarters of the office governing Vatican City State Dec. 15.