
Sunday (February 5):

Scripture: *Mark 1:29-39* And immediately he left the synagogue, and entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law lay sick with a fever, and immediately they told him of her. And he came and took her by the hand and lifted her up, and the fever left her; and she served them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered together about the door. And he healed many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. And in the morning, a great while before day, he rose and went out to a lonely place, and there he prayed. And Simon and those who were with him pursued him, and they found him and said to him, Every one is searching for you. And he said to them, Let us go on to the next towns that I may preach there also; for that is why I came out. And he went throughout all Galilee, preaching in their synagogues and casting out demons.

Meditation:

Who do you take your troubles to? Jesus' disciples freely brought their troubles to him because they found him ready and able to deal with any difficulty, affliction, or sickness that they encountered. When Simon brought Jesus to his home, his mother-in-law was instantly healed because Jesus heard Simon's prayer.

Do you allow Jesus to be the Lord and Healer in your life, family, and community? Approach him with expectant faith. God's healing power restores us not only to health but to active service and care of others. There is no trouble he does not want to help us with and there is no bondage he can't set us free from. Do you take your troubles to him with expectant faith that he will help you?

"Can you imagine Jesus standing before your bed and you continue sleeping? It is absurd that you would remain in bed in his presence. Where is Jesus? He is already here offering himself to us. 'In the middle, ' he says, 'among you he stands, whom you do not recognize' (cf. John 1:26). 'The kingdom of God is in your midst' (Mark 1:15). Faith beholds Jesus among us. Our repentance is the perfume of the Savior. Our sins give off a terrible odor; they are rotteness. Nevertheless, if we repent of our sins, the Lord will transform them into perfume.

There is no repentance for the angels after their fall, just as there is no repentance for men after death." While Satan may act in the world out of hatred for God and Christ Jesus, and may cause grave injuries of a spiritual nature and indirectly even of a physical nature, his power is nonetheless limited (Romans 8:28). Jesus offers freedom from bondage to sin and Satan. There is no affliction he cannot deliver us from. Do you make full use of the protection and help he offers to those who seek him with faith and trust in his mercy?

Questions for reflection:

Do you trust and believe that Jesus can heal you of your sickness?

Did you have a personal experience or have witnessed the healing power of Jesus, physically and spiritually?

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