

FEBRUARY 12, 2017

# SIXTH SUNDAY IN ORDINARY TIME



SIRACH 15:15-20

PSALM 119:1-2, 4-5, 17-18, 33-34

1 CORINTHIANS 2:6-10

MATTHEW 5:17-37 OR 5:20-22A,  
27-28, 33-34A, 37

## REFLECTION

“Know thyself” is an ancient Greek teaching. This is a wise philosophy to keep in mind in approaching Jesus’ message in today’s Gospel. Jesus instructs his listeners to go deeper in their understanding and appreciation of God’s law—a law which was given to their ancestors. Jesus, as a Jew, presents teaching that is firmly rooted in the Torah, the first five books of the Old Testament. Jesus is clear that he has come not to abolish the law or what had been prophesied, but rather that to fulfill the law and prophecy. So what does this mean for us today?

In this challenging Gospel, Jesus focuses on a number of Jewish teachings and commandments. He does not change the core of these teachings. Rather, he instructs us to look more deeply at the occasions in which we may go down the path of sin. For example, when I feel as though I want to harm someone else out of anger, Jesus is pleading with me to look at where the root of my anger lies. How can I first address this anger within myself before harming another? Throughout this teaching, Jesus is inviting us to take a look at our lives, be honest with ourselves, and go deeper in our own self-awareness.



“HELLO, MY  
NAME IS”

**MATTHEW  
WEST**

## ACTION

Take some time this week and get away from the everyday routine of your life. If you are able, go out and spend some time in nature, even if the weather is not ideal. Reflect upon a sinful action that you may have committed. Delve deeper into your thoughts and feelings leading up to that sinful act and explore what it was that might have led you to sin in the first place. Take this experience and your reflection to prayer. If you have not done so recently, celebrate the Sacrament of Reconciliation.

## JOURNALING QUESTIONS

● Spend some time journaling about the event in your life that you have reflected upon in this week’s “Action.” What were some of the underlying aspects of your life that led you to sin? Is this something for which you are sorry? Take some time to journal about what led you to sin and how you might, with God’s help, reconcile this action.