

### Reflection Wednesday Week 29 – 2023

How often do we encounter the inner struggle that St Paul talks about; the struggle between good and evil. Fittingly, St Paul calls us to choose the good as followers and friends of Jesus Christ and his way.

There is an American Indian anecdote involving an old Cherokee imparting wisdom to his grandchild regarding the ongoing internal struggle that individuals experience. He said, *"My son, the battle is between two "wolves" inside each one of us. One is Evil, which is represented by anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good, known by its joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith." The grandson, listening to the story intently, thought about it briefly and then asked his grandfather: "Which wolf wins?" The old Cherokee replied, "The one you feed."*

In reflecting on this we come to realise that we need God's grace to help us overcome the temptations of sin and evil, as well as inaction. We will also come to understand that God's grace will never diminish our efforts in working for our salvation and the salvation of others. It is only by combining our actions with God's grace that we can experience a transformative change within and continuously choose what is right while seeking guidance from God. It is not only healthy but always helpful to reflect on our thoughts, our intentions and our actions so as to determine which direction to take. Jesus invites us to be proactive in avoiding situations that make us vulnerable to sin, evil and passivity and always strive to be committed to God, to ourselves and to our neighbour.

**Mrs. Smartt was fumbling in her purse for her offering when a large television remote fell out and clattered onto the aisle.**

**The curious usher bent over to retrieve it for her and whispered, "Do you always carry your TV remote to church?"**

**"No," she replied, "but my husband refused to come with me this morning, and I figured this was the most evil thing I could do to him legally!"**