

Reflection Saturday Week 2 – 2024

One of the captivating messages from the recent readings about King David is his deep respect for his King, Saul: the person who was intent on killing him. He was filled with sadness at the news of Saul's death. It is the mark of someone who has deep respect for the office and of the position that a person holds rather than of the individual themselves.

There is an irony in the fact that we may not believe a person is filling their role in society and criticise that person. But we do so because we believe that the position that they fill is very important, in the case of the Prime Minister extremely important.

Reflections on responsibility:

Responsibility is important because it provides a sense of purpose, in addition to building resilience amidst adversity on an individual and on a societal level. Even if you may not be responsible for personal or social issues, *you are still responsible for being part of the solution.*

Avoiding responsibility comes with a short-term gain but a long-term cost. Taking responsibility helps create long term resilience and provides a sense of purpose. This sense of purpose can be fostered by taking responsibility by engaging in self-care. Responsibility can be developed on both a familial and a societal level. It offers a sense of purpose proportional to your ability and enables you to contribute according to your unique abilities.

*Dear Jesus,
please help me to be faithful in
all the duties You have entrusted
to me this day, fulfilling each
with great care and love!*