

6 JANUARY

(See also 5/7 January, and 25 July)

1 If people with toothache cannot see the dentist quickly, they can take various things to help kill the pain - such as a paracetamol tablet, or a liquid dabbed on to the tooth called "oil of cloves". Some chemist shops sell "tincture of myrrh", which is a liquid with myrrh dissolved in it. Dabbed on to a tooth, myrrh can ease the pain of toothache.

2 In Saint John's Gospel we read that, after the death of Jesus, his body was washed and anointed with sweet-smelling spices and herbs, including myrrh. *(Jn 19³⁹)*

3 We can think of myrrh, then, as representing pain and sorrow and death. I can think of what might be the **MYRRH** in my own life - the sorrows and pain and difficulties I have experienced:

- not-so-good things;
- being ill;
- feeling under pressure or stress;
- having made mistakes and having failed;
- when things haven't gone well;
- falling out with others;
- feeling down or rejected;
- sad and difficult times.

4. *Let us pray:*

**Lord Jesus,
you call me to live
every aspect of my life
in your presence,
and so I come before you as I am.**

**With the myrrh
that the wise men carried
I bring, too,
the pain and sorrow and suffering
that I have experienced.**

**I lay them before you
because they are all part of who I am.**

**I ask that good may come
from whatever negative things
happen to me,
knowing that nothing
can ever separate me from your love.
Amen.**

This is an excerpt from the page of this date in
'Praying Each Day of the Year'
a 3-volume book
by Nicholas Hutchinson, FSC.

For details:

<http://www.matthew-james.co.uk/>

Could make use of a search engine
to research this topic further.

This material is part of
the prayer and education website
of the De La Salle Brothers
in Great Britain:
www.prayingeachday.org