




- 1 Jesus talked of people - on dying - being faced with the consequences of what they have done (or not done) to others. He talked of how individuals react to those who are hungry or thirsty, strangers or without clothing, sick or imprisoned.
- 2 Each day we meet people who are - in many different ways - "naked" or "sick" or "imprisoned". Let's reflect as though Jesus himself was speaking the following words, knowing that he said that we are brothers and sisters to one another, and what we do to them we do to Jesus himself:
- 3 **I was naked  
because my dignity and self-respect  
were undermined  
- but you remained constant  
and faithful.  
I was stripped of my good name  
through rumours that were untrue  
- but you spoke up for me.  
I felt diminished and vulnerable  
- but you restored my confidence  
and faith.**
- 4 **I was sick and tired and downcast  
- but you brought healing into my life.  
I was anxious about my future  
- but you lifted my spirits,  
and your love cast out my fear.  
I felt overburdened  
- but you shared my difficulties  
and helped me to carry my cross.**
- 5 **I felt imprisoned  
by those who judged and sentenced me  
- but you accepted me for who I am.  
I felt entrapped by circumstances,  
- but you showed me  
that I have control over my own life.  
I was imprisoned  
by hurts and anguish  
- but you helped to ease the pain.**
- 6 *Let's pause in silence to think how, in such small ways, we can set about to touch the lives of a few people today.*




 *The reflection is based on Mt 25<sup>31-46</sup> See 20 October for the other half of the text: "hungry", "thirsty", "strangers".*

 *We may miss some of the elements in the gospel passage of Mt 25<sup>31-46</sup>. For example, we might miss the significance of the **good** people asking sincerely "When was it that...?" It has become second-nature to them to promote goodness and respond to the needs of others.*

 *"God has imprinted on the soul of every human being the image of the world as he wants it to be."*

*Hildegard of Bingen*

 Christ is our king; God's Spirit is in my heart; If I am lacking love; I give my hands; O Lord all the world; Take my hands; Whatsoever you do

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](http://www.prayingeachday.org)