



St. Mary & St. Joseph Coptic Orthodox Church  
 11308 Yonge St, Richmond Hill, ON L4S 1K9

Daily Meditations • July 23, 2020

# THE ROCK

THE LORD IS MY ROCK.  
 - PSALM 18:2



## Reflection on (1 Peter 3: 13-14)

*“And who is he who will harm you if you become followers of what is good? But even if you should suffer for righteousness’ sake, you are blessed.”*





“Who is he who will harm you”? This question doesn’t rule out the possibility of us getting harmed, but rather devalues the power of the person inflicting harm. “Who is he?” What power can he possibly hold in his hands against the all-powerful God **who holds you in *His* hands?**



Jesus talked about harm during His time on earth. He told us to not be afraid of those who can only kill your body; they cannot kill your soul. **A body and a soul are incomparably different in God’s eyes, and how we live out our lives reflects which one**





**we value most.** At the end of the day, our goal on this earth is not to shape our lives, but to shape our souls. And comfort and luxury serve our lives, but suffering serves our souls; suffering leaves you with the kind of blessing your body won't recognize, but your spirit will. It gives you a newfound understanding and appreciation of the suffering Jesus went through on our behalf. It gives you the meekness and the humility to seek God and be found by Him. When you consider blessings, your definition of the word "blessing" will rely heavily on where your focus is.

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