



# Come and See!

Week of February 1, 2026

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## The Word...

“Consider your own calling, brothers and sisters.  
Not many of you were wise by human standards,  
not many were powerful, not many were of noble birth.  
Rather, God chose the weak of the world to shame the strong,  
and God chose the lowly and despised of the world,  
those who count for nothing, to reduce to nothing those who are something,  
so that no human being might boast before God. ... as it is written,  
‘Whoever boasts, should boast in the Lord’”  
(1 Cor 1:26-31).

## Pondering the Word...

Today’s readings are about the greatest goal each of us can have in our spiritual lives: becoming “nobody!” (It’s no wonder why most of the Western culture has such a warped version of true religion!)

Zephaniah talks about a remnant, a humble and lowly people who take refuge in the Lord, who do no wrong and speak no lies. The psalm reminds us of “God’s preferential option for the poor.” In the gospel, we hear the countercultural Beatitudes according to Matthew (less ominous than Luke’s version, which is probably why we refer mostly to Matthew’s!) And in First Corinthians, Paul calls it the way he sees it. While there were a handful of enlightened “somebodies” who joined the early Christian communities, most of those who followed Jesus and accepted his teachings were poor and lowly, “the despised of the world.” “Nobodies.”

There’s an interesting twist in Paul’s words today. God chooses the “nobodies” of the world so that the “somebodies” might come to realize it is only by humbling themselves that they will find true refuge and salvation. The “somebodies” should walk at least a mile in the shoes of those they oppress.

The passage Paul refers to about boasting is a lovely one from Jeremiah (9: 22-23, Hebrew translation): *“Thus said the Lord, ‘Let the wise man not boast of his wisdom, nor the warrior boast of his might. Let the rich man not boast of his riches. But in this may he who boasts boast: understanding and knowing me, for I am the Lord doing kindness, justice, and righteousness in the land, for in these I delight!’*

How counter to what we see today in the so-called “somebodies” of the world! How different from our cultural obsession with status, wealth, and fame! How wrong it is to preach might makes right!

## Living the Word...

This is tough, yet if you take time to reflect on the truth of this goal of “nobodyness,” it can start to reduce anxiety and stress. The wisdom of these lessons may come with age, but for our young people who are under so much pressure to achieve, they can’t come fast enough. *“You’ve been somebody long enough. You spent the first half of your life becoming somebody. Now you can work on becoming nobody, which is really somebody. For when you become nobody there is no tension, no pretense, no one trying to be anyone or anything. The natural state of the mind shines through unobstructed - and the natural state of the mind is pure love”* (the late Richard Alpert, aka Ram Dass). (A good book to read about becoming “nobody” is *Falling Upward*, by Richard Rohr.)

## Personal Reflections and Ideas...

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**Mon, Feb 2:** *“For he is like the refiner’s fire, or like the fuller’s lye”* (Mal 3:1-4). I’ve never seen either of these refining processes up close, but I’ve seen videos. There are a lot of waste products and debris that get sent down the drain or shoot. I wonder: *“What kind of ‘debris’ will fall from my soul as the Lord sits to refine me?”*  
**Provision: Start refining today!** You may imagine all the sins you’ve ever committed on display, but I don’t think God is that petty! I think this has to do with what we discussed yesterday, being a “nobody,” letting go of our ego needs and pride that often lead to sin. (In the book *Falling Upward*, Rohr writes he prays for one good humiliation a day that he can ponder! [p. 128].) Wouldn’t it be nice if we showed up in front of God already cleansed of our pride! Wouldn’t it be nice to hear, “Nope, you’re good. Just a touch up. No need for any dramatic refinement here!” Pray for the grace to be genuinely humble, to start refining yourself today!

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**Tue, Feb 3:** *“The king was shaken, and went up to the room over the city gate to weep., “My son Absalom! My son, my son Absalom! If only I had died instead of you”* (2 Sm 18:9-10, 14, 24-25, 30-19:3). Another awful story from the life of King David. There’s a lot to consider: Absalom’s pride (he was quite the looker, with long, flowing hair!). His revenge murder of his half-brother. His plots against his own father. But what we see in this passage is David mourning this rebellious son, just as he mourned Saul who also conspired against him. **Provision: God takes no pleasure in revenge, nor should we.** *“As I live, I take no pleasure in the death of the wicked, but rather that the wicked turn from his way and live”* (Ez 33:11). Here’s another example of David as “a man after God’s own heart.” As I witness the wickedness happening in the world, I struggle with a vague desire for revenge. Nothing I would act on but a darkness to which I need to pay attention, lest it become my focus. St. David the King’s feast day is Dec. 29, but I’m praying to him now that I might also have the compassionate heart of God.

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**Wed, Feb 4:** *David said, “Tour all the tribes and register the people, that I may know their number...”* Afterward he regretted this and said: *“I have sinned grievously”* (2 Sm 24: 2, 9-17). Oo, David is caught up in being “somebody!” He’s fallen into the trap of judging himself by “the numbers.” He’s curious about the size of his kingdom and how it compares to others. He realizes his ego is driving him and he admits his mistake. **Provision: Don’t judge “by the numbers.”** The numbers thing starts early: in what growth percentile is our child? In what reading group? How many goals did they score? What’s their GPA? What’s my house worth, my portfolio? In the book, *Man’s Search for Meaning*, Viktor Frankl writes that the Nazis took away the prisoners’ humanity by giving them numbers. The more we are our numbers, the less we are human. Don’t fall into this same trap.

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**Thu, Feb 5:** *““I am going the way of all flesh. Take courage”* (1Kgs 2: 1-4, 10-12). David is dying and admonishing Solomon to be strong and remain faithful to God. Despite his sins and mistakes, David is at peace. He knows he has not been perfect. He has let his ego and desires get in the way numerous times. But he never allowed his failings to loom larger than his faith in God’s mercy. **Provision: Be at peace.** We are all going the way of the flesh. And we are all sinners. Never allow your failings to loom larger than the reality that you are one of God’s beloved children. Remember, God’s light always dispels any darkness. Remain faithful.

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**Fri, Feb 6:** *“With his every deed he offered thanks to God Most High, in words of praise”* (Sir 47:2-11, in the KJV apocrypha). We might as well continue on our “David roll” with a reminder from Meister Eckhart: *“If the only prayer you ever say in your entire life is thank you, it will be enough.”* **Provision: Say thanks every day. Be specific.** One thing I’ve always wondered about the “The Lord’s Prayer:” it starts with praise and goes directly into our intentions; no real words of thanks. I recall Jesus comment when the lone Samaritan leper comes back: *“Has none but this foreigner returned to give thanks to God?”* “Thank you” acknowledges our reliance on God for all that is good. Offer thanks to God every night and tell God what you are most thankful for!

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**Sat, Feb 7:** *“In addition, I give you what you have not asked for, such riches and glory that among kings there is not your like”* (1Kgs 3:4-13). “God, I don’t get it. Solomon asks for wisdom—a good thing—but then you throw in all the worldly stuff. That’s where his troubles start!” **Provision: Don’t get swept up in things of the world.** I think God’s the eternal optimist (pun intended), trying to find someone able to resist the temptations of the world! If you are blessed with things of this world, don’t take them or yourself too seriously. They could be gone tomorrow. Remember to *always* acknowledge and thank God from whom *all* our blessings come.