



Based on the gospel for Sunday 31 January – Mark 1:21-28

“Be silent and come out of him!”

As someone with epilepsy, I've always struggled with the Bible stories that appear to be talking about someone with epilepsy as being “demon possessed.” It is only fairly recently that I have begun to appreciate a deeper meaning of the story.

Sometimes I get so worked up about a person or an event that I become preoccupied with worry or fury. I am not aware of it until “the evil spirit departs”. I look back and think, “Did it really happen?” Did I actually waste that many hours/days/weeks being “possessed” by a toxic thought or emotion? It is only by the grace of God that I am beginning to be able to wake up from that mindless living.

The physical nature of the condition does matter as well. I am very privileged to be living in a country where I get all the help I need to live well with epilepsy. This is not the case for many others around the world. Can't God help them too? Yes, he can, but it is we who need to be the channel of God's healing to them through our commitment to universal healthcare and overcoming all injustice and inequality.

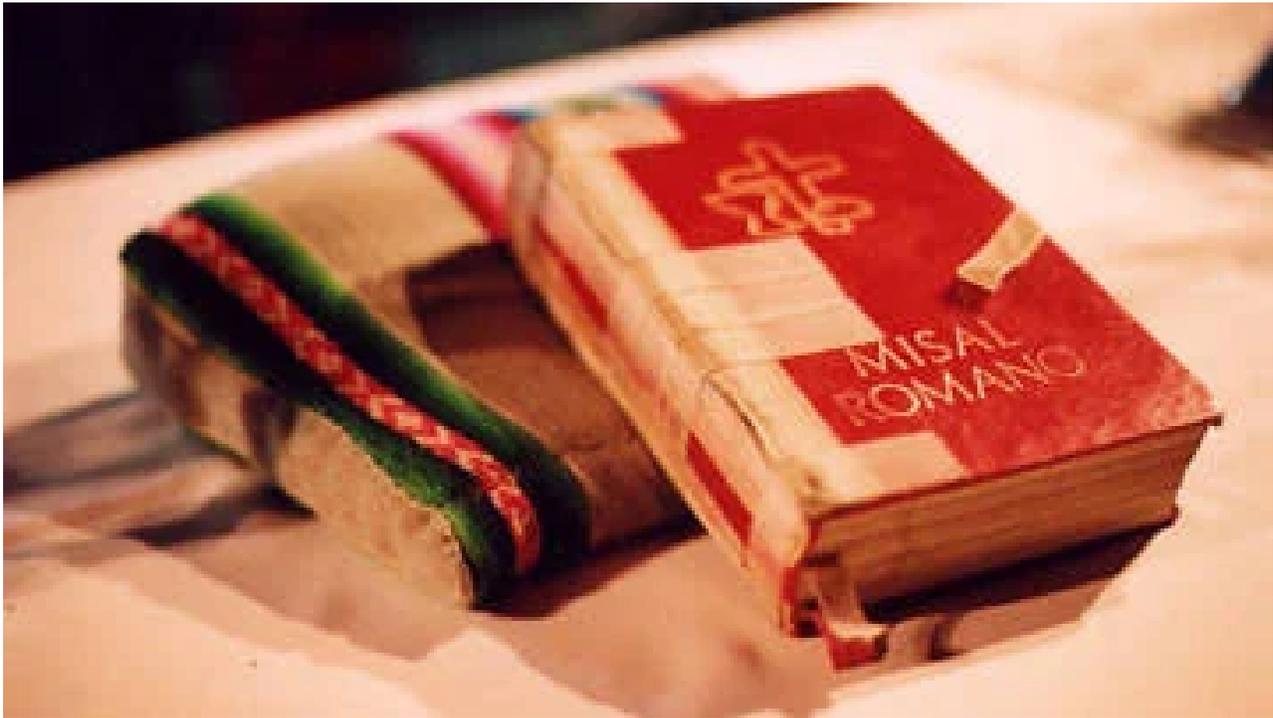
Divine Healer,  
make us instruments of your healing.  
Amen.



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This reflection and prayer were written by Elena Verigo, a CAFOD volunteer.

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