



## A weekly reflection by members of the Precious Blood Community

September 27, 2023

**Brooke Buth**

*“Following Jesus is not an easy path,  
but it does become easier when we realize God is walking beside us.”*

In today’s reading ([Luke 9:1-6](#)), we hear about a momentous occasion for the disciples - they are sent out on their own to “Proclaim the Kingdom of God and to heal the sick”. Jesus gives them clear instructions to take nothing with them for this journey, not to prepare, not to bring money, food, or even a second tunic. This would be hard for me as a chronic overpacker. I can fill a whole rollerboard for a weekend trip. While my husband throws a backpack together, I prepare for every circumstance, bring multiple outfits in case of weather changes, and pack most of our over the counter medicines in case of headaches or unexpected colds. Why does Jesus tell the disciples not to prepare?

When it comes to some of the bigger things in life, there is no preparation. When we face the unexpected loss of a loved one, a career change, or issues with our health, we realize there is nothing we could have done to prepare. There is nothing we could have packed that would alleviate the situation. We realize in those moments how unprepared we are; we may also realize God has gone before us, making preparations we didn’t know were needed. The spiritual consolations of friends, community, quiet spaces, or simply the fortitude to get up in the morning, have been prepared for us.

Jesus tells the disciples not to prepare on their own; He has prepared for them. Before they embark, Jesus gave them “power and authority over all demons and to cure diseases.” Jesus asks them to trust what he prepared for their journey. There will be those who do not welcome them. Following Jesus is not an easy path, but it does become easier when we realize God is walking beside us.

**Brooke Ruth served as a Precious Blood Volunteer in 2018.**  
To learn more about this ministry visit [preciousbloodvolunteers.org](https://preciousbloodvolunteers.org)

*This weekly reflection is made available to all who are part of our Precious Blood family. Feel free to share it with others. Would you be willing to write a reflection? If so, please contact Vicky Otto at [votto@pbspiritualityinstitute.org](mailto:votto@pbspiritualityinstitute.org)*