

### **Matthew 15:21-28 (NLT)**

Then Jesus left Galilee and went north to the region of Tyre and Sidon. <sup>22</sup> A Gentile woman who lived there came to him, pleading, “Have mercy on me, O Lord, Son of David! For my daughter is possessed by a demon that torments her severely.”

<sup>23</sup> But Jesus gave her no reply, not even a word. Then his disciples urged him to send her away. “Tell her to go away,” they said. “She is bothering us with all her begging.”

<sup>24</sup> Then Jesus said to the woman, “I was sent only to help God’s lost sheep—the people of Israel.”

<sup>25</sup> But she came and worshiped him, pleading again, “Lord, help me!”

<sup>26</sup> Jesus responded, “It isn’t right to take food from the children and throw it to the dogs.”

<sup>27</sup> She replied, “That’s true, Lord, but even dogs are allowed to eat the scraps that fall beneath their masters’ table.”

<sup>28</sup> “Dear woman,” Jesus said to her, “your faith is great. Your request is granted.” And her daughter was instantly healed.

### **For Reflection and Prayer:**

Was there a word, phrase or image which caught your attention you as you listened to or slowly read the text? Allow what comes to land softly in your heart.

Quietly reflect on what you heard in your prayer with Jesus. Journal your conversation.

What longing rose up in your heart as you listened. How are you feel this holy longing in your body? Gently bring this awareness into your prayer with Jesus.

Savor any consoling words or pictures as you quietly rest in God.