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Daily Reflections

Journeying through Lent



Center for Spiritual Development

GRATITUDE FOR OUR LENTEN JOURNEY

By Sr. Jayne Helmlinger, CSJ

Reflection

These weeks of Lent have meandered across the terrain of my heart, longing for an encounter with Jesus in the deep recesses of my being. It has been a meandering journey full of insights and enlightenment.

Setting out forty days ago, with eyes and heart wide open, I received ashes to mark the beginning of Lent. It was with quiet solemnity that I joined Christians around the world to embark on this most precious of seasons in our liturgical year.

“Remember you are dust and to dust you shall return” were words we heard as a cross made of ashes was lightly signed on our foreheads; a stark reminder of knowing we come from God and eventually will return to God.

Day by day, step by step, prayer by prayer, we entered into Lent with a desire to be transformed. We sought out areas of our life that needed reconciling,

forgiveness, and redemption.

Lent is often a journey of many twists and turns where we uncover that which has remained hidden from our consciousness. It is a time to bring the light of God's love into the parts of us that need healing.

As we prayed the psalms of this year's liturgical cycle, we were reminded of the image of God as the Good Shepherd. Tenderness and love poured forth as we witnessed God's desire to tend to his flock, to tend to you and me, as followers along the way.

Trust, love, witness, hope, and faith were themes we encountered over these days of Lent. Slowly, gently, we entered into times of prayer where we sought out the sin that often lies hidden and disguised in the falsehoods and the masks we wear.

We were called forth by God's love to embrace the beauty of his creation – the beauty that is within each of us. We are created in God's image and likeness, and this is a powerful reminder of our goodness.

As we entered into the scriptures each day, becoming a part of the followers who accompanied Jesus, we were there as he preached and taught us about repentance and almsgiving. We allowed Jesus' words to sooth and challenge us, giving us the strength and courage to be our best selves and serve as Jesus served.

As our Lenten journey draws to a close today, we turn toward Holy Week with both foreboding and hope, knowing what will unfold throughout these next seven days, as we move through Jesus' entrance into Jerusalem, and his passion, death, and resurrection.

We are prepared for Holy Week because we are grounded in the strength gained through our Lenten practices, and in our love for Jesus who came so that we might have life and have it to the fullest.



Lyon, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Reflect on your forty days of Lent. What surfaces within you? Pray a prayer of gratitude for this time with your Beloved.
- As you turn toward Holy Week, name the hopes, fears, and joys that you

are experiencing in your life at this moment. What grace(s) do you ask from God as Holy Week unfolds?

For Prayer

*We pray in thanksgiving for all that has transpired
over these past forty days.*

*We look with hope as we center ourselves
and prepare our hearts and minds for Holy Week.
May you gift each of us with the grace we most need
to remain faithful disciples on the way.*

Amen.

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