



Daily Reflections

BELIEVE!

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading

Beloved: We receive from him whatever we ask, because we keep his commandments and do what pleases him. And his commandment is this: we should believe in the name of his Son, Jesus Christ, and love one another just as he commanded us. Those who keep his commandments remain in him, and he in them, and the way we know that he remains in us is from the Spirit whom he gave us.

1 JOHN 3:22-24

Reflection

The first reading from 1 John begins with the words “we should believe in the name of his Son, Jesus Christ.” Pretty straightforward words, yet it would behoove us to pause and take these words in as they are powerful and foundational to our faith as Christians. What does “believe” mean for us? What

emotions, thoughts, and feelings are stirred when we speak this word out loud? Does anything happen deep within your being?

For me the word “believe” evokes a sense of commitment, response, hope, love, and joy. I believe that Jesus is the Son of God. I believe we have been gifted with the Holy Spirit in our lives. What more do we need? To live our faith means a response is needed from each of us, every day – there are no days off! When I whisper the word “believe” I experience it as a highway to the Beloved. It’s the fast lane or HOV lane to the One who beckons and calls each of us by name. Belief is both the road sign along this highway and the final destination of my life’s journey. Without belief, I cannot traverse the ever-changing terrains of life. Without belief, I’m a shadow of myself because without God, I am nothing.

If I claim this belief, then it must be accompanied by engagement with the world around me. Jesus was consistently engaged with the people throughout his life. He healed, comforted, taught, and was available to people simply by his presence. How am I in relationship with those I encounter? Do I seek to live life engaged with those I meet along the way? How do I embody the ministry of presence that Jesus so beautifully modeled? How do I not look away from the stranger in need?

Belief also calls us to an ever-deepening relationship with God through prayer, scripture, meditation, and finding the Beloved everywhere and at all times. Belief calls us to inclusivity and a sense of being one among -- not over and above. Belief means we are contributing members of the Body of Christ. Belief is the springboard into our lived expression of our love of God and the dear neighbor without distinction.

Prayer of Belief

O God of tender compassion, may I enter more fully into my life with you. As I follow in your footsteps, may I cast a gentle light upon the path I tread, a sign of invitation to others to follow you in their lives.

As I ponder the birth of Jesus anew, may I seek the unbridled joy that comes with looking into the face of a newborn baby; a face full of innocence, trust, joy, and expectation, softening my heart and creating space for others to enter in.

As belief rises up within me, may I experience the call to seek out the lonely and oppressed, the sick and suffering, and those most in need of the corporal works of mercy.



Photo by Alicia Rodriguez

For Pondering

- What does belief feel like to you? What is stirred deep within you as you say this word aloud and in the deep recesses of your inmost being?
 - How does belief in the Son of God impact your everyday experiences? How might you open yourself a bit more to embrace the call to be light in our world?
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For Prayer

*O God, the source of our belief,
let us move into this day with faith, hope, trust, joy, and love.
Let us be men and women who put our faith into action*

*in the ordinary and extraordinary events of our day.
Amen.*

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