

March 2, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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ASK, SEEK, AND KNOCK

By Sister Jeanne Fallon, CSJ

Today's Reading

Jesus said to his disciples: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. Which one of you would hand his son a stone when he asked for a loaf of bread, or a snake when he asked for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him. "Do to others whatever you would have them do to you. This is the law and the prophets."

MATTHEW 7:7-12

Reflection

Near the end of the Sermon on the Mount, Jesus was telling his listeners how

to approach God in prayer. Perhaps he was saying something like this to a group of parents who gathered around him: Express what you need, **ask** God for what you desire and trust that your heavenly Father will answer you, just as you, fathers and mothers, give good gifts to your children when they ask. Attend to the yearning in your soul and **seek** for that which you need: wisdom to guide your family, healing for your child, the return of your lost son. With God, you will find what your soul is seeking. Do not be afraid to **knock**, calling out to God to open to you, for God hears the cry of the poor and the sigh in the depths of your heart when you have no words.

Jesus was encouraging his listeners to make their requests known to God, to pray in the simplicity of their hearts, trusting in the abundance of God's mercy and compassion. In the final verse of this passage, Jesus was expressing the Golden Rule as an action toward others, showing how we need to reach out to others and contribute to their wellbeing and happiness. This is the essence of God's law of love.



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For Pondering and Prayer

The following excerpts are taken from the Psalms. They are an invitation to take a few moments, reflecting on the ancient prayers of Israel, and expressing your own prayer of asking, seeking, and knocking.

Psalm 4: *Answer me when I call, O God...*

Psalm 5: *Give ear to my speech, O Lord, consider my utterance...*

Psalm 19: *May the words of my mouth and the prayer of my heart be acceptable to You, O Lord, my rock and my redeemer...*

Psalm 42: *Like the doe crying for water, my soul cries for You, O God...*

Psalm 63: *God, You are my God; I search for You, my soul thirsts for You, my body yearns for You...*

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