

August 3, 2024

# Daily Reflections



Center for Spiritual Development

## A REVOLUTION OF THE HEART

By Julie Mussché

### A Quote

*“The great challenge of the day is: How to bring about a revolution of the heart, a revolution which has to start with each one of us.”*

**DOROTHY DAY**

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### Reflection

Watching the neighborhood children play together with gleeful abandon is a joy-filled experience. My hope for children everywhere: there is time for play and freedom from the stresses of life. Yes, this life is amazingly complex and every generation has its collective sorrows to bear, yet my wish is that generations beyond my own would not have to witness another attempted assassination. In this country alone, there have been two such acts of violence over the last twelve years, one a little over a week ago.

Globally, children are subjected to and experience untold forms of violence; no

nation is exempt; culpability is shared with varying degrees. Exploitation, trafficking, warfare, famine, physical and sexual abuse, child labor -- it is all overwhelmingly tragic. Some of the violence is experienced vicariously, through media and imagery, all disturbing to the spirit and psyche. Indeed, none of us are spared the impact.

Curious if today's readings would offer some wisdom regarding my soulful meanderings and wrestling, I rankled at both the Old and New Testament portions. The first reading was about the attempted murder of Jeremiah and then, in Matthew 14:1-12, we are exposed to the psychopathology sparking the gruesome murder of John the Baptist, and the murder itself. Really? The Psalm and Alleluia readings were comforting, but more scripture exploration was called for.

The Alleluia reading led me to look at Matthew 5, which really offers considerable guidance. So, what does Jesus tell us about violence? Here's my take on a very well-known Chapter:

- The Beatitudes -- Blessed are those who make peace, who are humble, who hunger and suffer for the sake of justice, and who show mercy.
- Let your light shine by way of righteous action.
- Keep God's commandments.
- Acts of violence, such as murder, are inexorably tied to a continuum of anger, whether by thought or action. All such actions or thoughts are subject to God's judgment, and reconciliation is a key part of repairing relationship, the soul, and our relationship with the Divine.
- Resist the temptation for revenge and responding to violence with violence.
- Love everyone, including your enemies and those that persecute you.

This certainly provides clarity and helps define what it means to be a Christian, opening us to a revolution of the heart. Perhaps this is something to will to our children and their children?

Someone I spoke with recently, who serves the younger generations, assured me that the young people of today are resilient and scrappy. I have also observed that many extend themselves to be generous of spirit and kind, and to do good in the world. In the midst of our wild and crazy times, God is unfolding before us, in the hope and promise of present and future generations, and in the revolutions of hearts that happens through Grace.

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Seashore  
Photo by Pixabay

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### For Pondering

- What has caught your attention lately and caused you concern?
- How is God guiding you and giving you comfort and peace?
- What is your revolution of the heart?

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### For Prayer

*You are invited, if you have a moment today, to spend sometime with the Beatitudes, Matthew 5:2-12.*

*Does any one capture your attention?*

*How is it drawing you?*

*What is the summons for a revolution of the heart?*

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