

April 15, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

LIVE IN JESUS!

By Sr. Jayne Helmlinger, CSJ

Excerpts from Today's First Reading and Gospel

Stephen, filled with grace and power, was working great wonders and signs among the people. Certain members of the so-called Synagogue of Freedmen, Cyreneans, and Alexandrians, and people from Cilicia and Asia, came forward and debated with Stephen, but they could not withstand the wisdom and the Spirit with which he spoke.

ACTS 6:8-10

Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.

JOHN 6:27

Reflection

The first reading from Acts is filled with the energy of faith, hope, joy, love, and

promise. St. Stephen is described as being filled with grace and power. Those opposing him could not withstand the wisdom and spirit with which he spoke. While I am no prophet or Saint, what I resonate with in this passage from Acts is the sense of being guided by the Holy Spirit. Whenever I am asked to write a reflection or speak to a large audience, my prayer is always to the Holy Spirit. I ask for guidance and wisdom that whatever I write or speak may flow from God's grace. Don't we all desire to be instruments and vessels of God's wisdom and Word? It is one way we can respond to our call to be God's love in the world.

In the gospel passage from John, the words that bubbled up within me as soon as I finished reading this scripture were "the steadfast love of the Lord never ceases." I also pondered the end of this passage, "Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you." Once again, we are reminded that living in Jesus is the way we are invited to be his disciples. If we believe that Jesus was sent by God, then we who believe are being sent by God to do the work that we were created to do.

At times, it can be easy to fall victim to the pull of working for more material things at the expense of service to the dear neighbor. It is helpful to pause and ask ourselves: how much is enough in terms of cars, homes, clothing, or fill-in-the-blank? The message today prompts us to reflect on the footprints of our lives and assess if we are trying to fill a void that only God can fill by acquiring more material belongings or strokes to our egos ... rather than by fulfilling our deepest desires to journey as disciples along the way.

Live In Jesus

Trust, O trust in the power of the Spirit and live in his Word and love. Pray to the One who sent Him and be a vessel which allows God's power to work in and through you.

Live, O live fully in Jesus. Embrace the challenges of life and continue to speak, work, and live as disciples along the way.

Courage, O call upon a courage that flows from a heart grounded in the love of God. No matter what unfolds in our lives, may we remain steadfast in our belief and hope in the Beloved.



Rocky Mountains
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- How does the Holy Spirit work in your life? When have you called upon the Holy Spirit to guide your way?
 - Reflect on how you are living your life. Are you filling a void with "things" rather than drawing closer to God and fulfilling God's call in your life?
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For Prayer

*O Jesus in whom we have our life and being,
may we remain steadfast in our desire to follow you.
May we reach out to those who seek your light and love
as this day unfolds.
We lift up all those in prayer who seek their way back to you.
Amen.*

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