

February 26, 2025

Daily Reflections



CONSENT

By Julie Mussché

A Quote

"We rarely think of the air we breathe, yet it is in us and around us all the time. In similar fashion, the presence of God penetrates us, is all around us, is always embracing us."

THOMAS KEATING

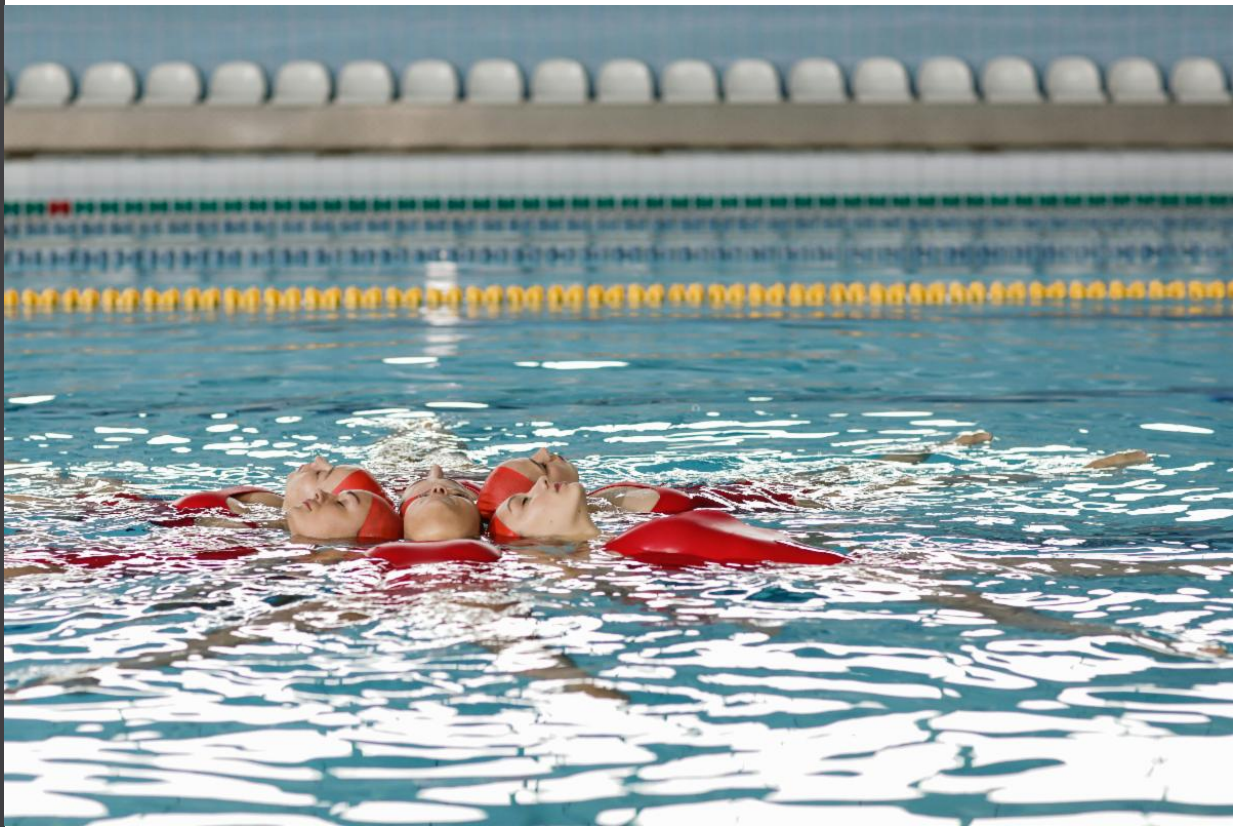
Reflection

In high school, one year I was a teacher's aide and taught my peers how to swim. The kids I worked with were generally fearful of the water for one reason or another. We worked through the process slowly. The first step: guiding participants on how to become comfortable with the feel of water by walking around in the shallow end of the pool, feeling the drag and buoyancy. Step two: becoming relaxed with putting their face in the water; this usually took a bit of time and included blowing bubbles and learning how to lift out to breathe in

between dunking. The final introductory step, and a very necessary one for the art of swimming: learning to float.

Back floating was the start, obviating the fear of not being able to breathe. Can you remember the first time you floated in water? What a miracle, and the trust it took to defy gravity and just to rest on the rocking water. The feeling of peace and freedom in the silent relaxing and consenting to the mystery of physics. What a delight it was to witness that moment for the students I was guiding.

This memory was raised at a team gathering that focused on a reflection, “Floating in the ocean of God” (thank you, Sr. Bernie). The time focused on Centering prayer and the consent that is needed to “let go and let God” carry the moment. Personally, I find this to be applicable to all kinds of prayer, and the act of consent to God’s movement and presence makes everything much simpler. Can I have an Amen?



Group of Women in Synchronized Swimming
Photo by cottonbro studio

For Pondering

- What helps you in prayer to consent and hand things over to God?
- What types of noise gets in the way of doing so?
- How can God help with quieting things down for you?

For Prayer

Centering Scripture Passage

“Be still and know that I am God.”

PSALM 46:10

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