

May 30, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

GOD'S DELIGHT

By Sister Jeanne Fallon, CSJ

Today's Entrance Antiphon

"The Lord became my protector. He brought me out to a place of freedom; he saved me because he delighted in me."

PSALM 18:19-20

Reflection

Have you ever been reading Scripture and a word, or a phrase, changed your life?

The passage above from Psalm 18 struck me once in a way I will never forget and every time I see it, I remember how God's Word is alive and active, full of power to heal and save. This is the story of this powerful passage:

In 1974 I was a missionary on Nissan Island, Papua New Guinea. I had been a Sister of St. Joseph for 17 years and this was my first stint in the missions. Sr. Louise arrived and we knew we would be working there among the people for the next couple of years. We were sitting in back of the house facing a beautiful lagoon when she asked me if I was willing to share my prayer with her and I felt a “thud” in my stomach because I had been struggling with contemplative prayer over the past several years and had given up trying. Louise said she would guide me, and she did. Over time, I began to pray the words of the disciples when they asked Jesus to teach them how to pray (Luke 11:1). Praying with Sister awakened in me a desire to pray and contemplate as my daily practice. When it was time for me to return to the US, I purchased a bible and I decided to pray a psalm each day, hoping that these Jewish prayers would help me return to a daily practice of contemplative prayer. On the 18th day while I was reading Psalm 18, verse 20 broke through to me and I experienced the overwhelming tenderness of God who **delighted** in me, in spite of my failures and weaknesses. Becoming aware of God’s delight in me changed everything and I began to seek spiritual direction at our House of Prayer in Camarillo. Because I had struggled for so many years, I understood that many people desire to pray and look for a spiritual companion to assist them in their search for a deeper relationship with God.



A woman prays the rosary
Photo by Karolina Grabowska / Pexels

*Come, Holy Spirit,
fill the hearts of your faithful and
enkindle within us
the fire of your love!*

BENEDICTINE BREVIARY

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

[Support Us Here](#)




**Center for
Spiritual
Development**
COMPANIONS ON THE
SACRED JOURNEY

[Visit Website](#)

(714) 744-
3172

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 (714) 744-3175

[Unsubscribe knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)

[Update Profile](#) [Constant Contact Data Notice](#)

Sent bytheicsd@csjorange.org