

September 4, 2025

Daily Reflections



LOOKING FOR GOODNESS

By Julie Mussché

A Quote

“Good work that leaves the world softer and fuller and better than ever before is the stuff of which human satisfaction and spiritual value are made.”

JOAN CHITTISTER, WISDOM DISTILLED FROM THE DAILY: LIVING THE RULE OF ST. BENEDICT TODAY

Reflection

Where and how do you find goodness in the world? With the daily headlines often stressing the negative, and cultural divisions impacting families as well as larger society, sometimes it may be a bit challenging. Do you find goodness in spending time with your family, your children or grandchildren? Perhaps in witnessing or receiving small acts of kindness? Maybe you find goodness in the offering of a meal to the hungry or unhoused. How about in hearing an uplifting homily? Possibly you discover goodness in watching a mentor or

teacher helping someone to learn or achieve something. Whatever the case, how do you acknowledge or celebrate goodness?

A number of years back, I was trained to help facilitate a type of strength-based leadership program. This effort was part of an organizational change initiative to help inspire a more collaborative and shared leadership model. One of the key attributes of this program was the impact of focusing on the good things accomplished rather than the things that were unfinished, pending or failures. Without mitigating the impact of learning from botches, one of the primary values of focusing on the good achieved is that in doing so, it energizes more of the same. In other words, the more we focus on good, the more likely we are to see and repeat doing good. Ultimately, with an eye on goodness, hearts are opened to being grateful, a significant spiritual practice.



For Pondering and Prayer

So, here's the invitation -- to journal your response and reflect on the following:

- What are some of the good things that have happened in your life

recently?

- Where and how have you witnessed goodness in the world?
- What is your prayer of thanksgiving?

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