

February 2, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

WINTER'S EMBRACE

By Sister Jayne Helmlinger, CSJ

Today's Reading

Since the children share in blood and flesh, Jesus likewise shared in them, that through death he might destroy the one who has the power of death, that is, the Devil, and free those who through fear of death had been subject to slavery all their life. Surely, he did not help angels but rather the descendants of Abraham; therefore, he had to become like his brothers and sisters in every way, that he might be a merciful and faithful high priest before God to expiate the sins of the people. Because he himself was tested through what he suffered, he is able to help those who are being tested.

HEBREWS 2:14-18



Photo by Sr. Jayne Helmlinger, CSJ

Reflection

I chose this picture for this passage from Hebrews in today's readings because this bud, encased in ice, symbolizes the freedom found in facing the struggles we encounter in everyday life. Sometimes when we are in the midst of crisis, depression, hopelessness or fear, we can feel trapped or cut off from others. When I look at this photo, I see a beautiful, life-giving bud inside. This is what our brothers and sisters who are experiencing hard and lonely times cannot see – their own beauty – the beauty of being created in the image and likeness of God.

WINTER'S EMBRACE

*As the cold of winter settles in around us,
may the embers of love within
ignite our desire to bring warmth through
our prayers, thoughts, actions, and presence.*

*May we see the beauty of each person
whom we encounter each day,
acknowledging the gift before us*

*through a simple nod, smile, word,
or act of kindness.*

*May we search the beauty of our inner terrain
embracing the person God created us to be,
delighting in the infinite wonders
of being fully human and fully alive.*

JAYNE HELMLINGER, CSJ

For Pondering

- When you reflect upon this picture, what awakens within you?
 - What part of your life might be encased and needs fresh air and the warmth of the sun?
 - How has God enabled your inward beauty to be set free?
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For Prayer

O God of all life, we pray for the grace to fully embrace the opportunities to be love in the world this day. Let our light shine gently on those whom we encounter this day. May we consciously focus on being warmth to those experiencing coldness, despair or loneliness.

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