

March 8, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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BEING KIND

By Sister Jayne Helmlinger, CSJ

Today's Responsorial Psalm

Save me, O Lord, in your kindness.

*You will free me from the snare they set for me
for you are my refuge.*

*Into your hands I commend my spirit;
you will redeem me, O Lord, O faithful God.*

*I hear the whispers of the crowd,
that frighten me from every side,
as they consult together against me,
plotting to take my life.*

*But my trust is in you, O Lord;
I say, "You are my God."
In your hands is my destiny; rescue me*

from the clutches of my enemies and my persecutors.

PSALM 31:5-6, 14, 15-16

Reflection

In praying Psalm 31, what surfaced within me were the many stories I've heard about bullying; especially the anonymous messages that are all over the various web-based platforms. I recently read about a young teenager who took her own life because of the bullying she received at school and on social media.

Perhaps Psalm 31 might have brought her comfort in her distress as the response to each stanza is "Save me, O Lord, in your kindness." This is a soothing Psalm; imagine it as a balm for the anxieties and burdens that might be a part of your journey at this moment in time.

This Psalm gifts us with words that gently touch our hearts; words such as kindness, refuge, redeem, faithful, trust, destiny, and "you are my God." During this Lenten journey, allow each word to float within the soul-space where you encounter the Beloved.



Photo by Sr. Jayne Helmlinger, CSJ

Soul-Space

*O random thoughts within me
gently drift away,
for I cherish the quietude
when it is just you and me.*

*May I welcome your gentle presence
as stillness settles in,
the first hints of solitude
become a part of our inner space.*

*Calm fills me as I experience
your Holy Presence,
worries and burdens
begin to fade
as your Love takes hold.*

*Release all that binds me
and separates me from you,
for you are my God,
and my trust is in You.*

For Pondering

- Come to prayer in a manner that invites stillness. Allow the Psalmist's encouraging words to take hold within you. Spend some time with your God and allow the Spirit to guide you. What is surfacing within you?
- Choose one of the words from Psalm 31 and reflect on it. Where does it lead you?

Closing Prayer

O God of kindness and mercy, we lift up to you all who are weary and are experiencing betrayal in their lives. May we be a calming and soothing presence to those in our lives who are struggling. Let us become ever more present to the people we encounter each day for we do not know the burdens and heartaches they carry deep within. Amen.

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