

August 22, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

FOR GOD ALL THINGS ARE POSSIBLE

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's First Reading

"Gideon said, 'My Lord, if the LORD is with us, why has all this happened to us?'"

JUDGES 6:13

Reflection

I have heard folks say, "If the Lord is with us, why has all this happened to us?" and wondered myself, at times when life is particularly difficult and painful. God never promised that life would be easy or perfect or without trials. Life happens with many textures, colors, heights, depths, joys, and sorrows.

As was told to Gideon, God had promised to be with him. Jesus said we will not be left orphaned. God is with us always. My lived experience assures me that

God who is Love cannot and will not abandon me/ us. That God is with us is a matter of faith, deep trust, and experience. Realizing that I have all I need lives within me and enables me to cope and manage life's difficulties. Not only manage, but grow, deepen, and come to wisdom as I learn to rely on God and be patient with the process. As I grow into maturity, this belief and reality is a matter of trust in God who companions me through all of life.

God is with us through all of life's ups and downs, and moreso in the valley of the ordinary. I have heard within my soul the urging to turn to God who strengthens me. I trust in the Lord who guides, supports, instructs, and sustains me through life's difficulties and successes. Always I must listen deeply to God who abides in me in prayer, reflection, and silent waiting.

This abiding presence and strength were realized most poignantly at the death first of my father, then four years later of my mother. Because my own heart ached as I watched my young friends when their parents died, losing my parents was one of my great fears in life. I dreaded the thought and avoided the impending reality.

Yet, as shocking and sad as loss and grief are, God gave me the support I needed to not only endure, but to gradually come to peaceful resolution. I was companioned by my siblings, extended family, friends, and community in unimagined ways that were pure blessing. Their outpouring of love and support sustained me and soothed my aching heart and bonded us in our shared grief. Time and patience with grief enabled me to bear the suffering and comprehend the suffering of others. God was with me and gave me what I needed. All things are possible in God who never leaves me/ us orphaned.



A gently curving stairway leads up into the trees
Photo by Rido Alwano

For Pondering

Reflect on God's abiding love for you in difficult times. Ask yourself:

- Who and what were the signs of blessing that helped sustain me?
 - In what ways was God revealed to me, making all things possible?
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For Prayer

Loving God, I come to you with humility, knowing that the answer to my life's challenges reside in Your companioning presence. You show Yourself to me in the loving support of family and friends and I am grateful. I come with steadfastness, knowing that Your love is everlasting. I come with hope, knowing that in You, all things are possible. All praise, honor, and glory are Yours now and forever. Amen.

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