

November 5, 2025

Daily Reflections



DAILY DISCIPLESHIP

By Sister Jayne Helmlinger, CSJ

From Today's Readings

Owe nothing to anyone, except to love one another; for the one who loves another has fulfilled the law.

ROMANS 13:8

Blessed the one who is gracious and lends to those in need.

PSALM 112

Reflection

While sometimes “the law” can be a turn-off, in this passage from Romans, the focus is on our call to love one another. It’s as simple and as complex as that! In this reading, Paul speaks to the commandments and his laser focus on our call to love one another. If we love one another as ourselves, we fulfill the law.

What is important to take from this teaching is that love is not optional; it is at the heart and essence of our faith. It moves us from complacency to actively and purposefully living our discipleship. We focus on doing what is just and good. We seek the well-being of others by caring for their needs. We show compassion and mercy.

The entirety of Luke's gospel from today is the cost of discipleship. At the same time, we are cautioned not to count the cost of our faith journey on this earth. It is quite poignant, really, because the question being posed to us is this: Are you and I ready to pay that cost? How might we turn away from what holds us back from picking up our cross and following Jesus as his disciples this day?

Discipleship is the interplay between love and cost. Our desire ought to be for both – to love and to not count the cost. Authentic love requires both elements. To follow Jesus means following through, even if circumstances are difficult. Remember to trust in God's love and grace to guide and strengthen you.



TRUST
AND
LOVE

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For Pondering

- Take some time to take stock of your attachments. Are you clinging to possessions or certain comforts that pose barriers to your authentic discipleship?
- Reflect on how you put love into action in your daily life. Love is expressed in so many ways, through helping those in need, showing mercy and kindness to the downtrodden, and finding ways to advocate on behalf of those who cannot advocate for themselves. Sometimes what is needed most is our presence and availability to another.

For Prayer

*Loving God,
we pray now for the courage and fortitude
to not count the costs of our discipleship;
rather, may we work through any resistance or barriers
that hold us back from loving and acting justly.
Amen.*

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