

Daily Reflections



Center for Spiritual Development

LIVING THE SPIRIT OF LAW

By Lucy Dominguez

Today's Gospel

*While Jesus was going through a field of grain on a sabbath,
his disciples were picking the heads of grain,
rubbing them in their hands, and eating them.
Some Pharisees said,
"Why are you doing what is unlawful on the sabbath?"
Jesus said to them in reply,
"Have you not read what David did
when he and those who were with him were hungry?
How he went into the house of God, took the bread of offering,
which only the priests could lawfully eat,
ate of it, and shared it with his companions?"
Then he said to them, "The Son of Man is lord of the sabbath."*

LUKE 6:1-5

Reflection

In 2016, Pope Francis declared the Jubilee Year of Mercy, inviting us to engage in corporal works of mercy in our daily lives. Parishes around the Diocese of Orange were assigned a Holy Door, symbolizing a passage or transition into a special year of evangelization and prayer. During this year, the diocese organized several events, including a pilgrimage walk from Christ Cathedral in Garden Grove to Holy Family in Orange, one of the parishes with a Holy Door. As we walked in pairs down Chapman Avenue, praying the rosary aloud and singing after each verse, we encountered a man who seemed to be unhoused. The only person who stepped out of line was the only non-Catholic in our group. He approached the man, spoke with him for a few minutes, then went into a liquor store and came out with a bottle of water and a sandwich, which he handed to the man.

This simple yet profound gesture challenged me to reflect on the heart and intention behind my practice. Was I following rules for the sake of tradition, or was I honoring the deeper values of compassion, mercy, and human dignity?

In this encounter, I saw a living example of the spirit of Jesus' teaching. The non-Catholic participant acted with compassion and mercy, embodying the true essence of our faith. This experience reminded me that our religious practices and traditions should always be in the service of love, kindness, and the well-being of others. Just as Jesus taught that the Sabbath was made for humanity (and not humanity for the Sabbath), we are called to live out our faith in ways that uplift and care for those in need.

In our daily lives, we often face situations where rules and compassion seem at odds. This gospel encourages us to seek a balance that upholds the dignity and needs of others, affirming that steadfast faithfulness is found in acts of kindness and understanding. It calls us to be attentive to the needs around us, to be flexible in our application of rules, and to remember that at the heart of our faith is a call to love and serve.



Man Assisting Person with Walker
Photo by RDNE Stock Project

For Pondering

- When have I prioritized rules over the well-being of others? How can I change my approach to better reflect the values of compassion and human dignity?
- How can I balance the importance of tradition with the need to adapt to the evolving needs of my community?

For Prayer

Breath Prayer

On the in-breath, silently say: "Seed of Compassion."

On the out-breath, silently say: "Growing in me."

JOYCE RUPP

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

[714-744-3172](tel:714-744-3172)

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)