

January 9, 2024



Daily Reflections

EXALT IN THE LORD!

By Sr. Jayne Helmlinger, CSJ

Excerpts from Today's Responsorial Psalm and Gospel

My heart exults in the Lord, my Savior.

1 SAMUEL 2:1

The people were astonished at his teaching, for he taught them as one having authority and not as the scribes.

MARK 1:22

Reflection

What captured my imagination as I read today's readings were two simple sentences from these scriptures. The first one is the response to the psalm for today: "My heart exults in the Lord, my Savior." What does exulting feel like? What actions flow from exultation? What thoughts linger within me as I ponder these words?

The word “exult” alights almost all my senses because it moves me into a space of praise, prayer, anticipation, and a deep sense of gratitude for my own faith life. “Exult” places me in an immediate space of allowing spontaneous prayer to burst forth. Without much effort, songs of praise emerge, and I’m filled with gratitude for the mysteries of life, my own life and life well beyond my deepest knowing.

To exult in God my Savior reminds me of the Spirit’s movement in all of life. We are from the Creator and so uniquely and incredibly made in God’s image and likeness. Exult! Rejoice! And give thanks!

The other sentence that speaks to me is “he taught them as one having authority.” This authority comes from Jesus knowing he is the Son of God. During his public ministry, and in this instance his healing ministry, he used his innate gifts from his Father to call out the unclean spirit.

Each of us have been given gifts from God to be used generously in service to those in need. The question for us to ponder is whether each of us readily responds to those in need and those whom we have the ability to assist. Jesus didn’t hesitate; do I? Do you?

Exult

My heart awakens for I sense God near.
Spirit within anticipates this time of sacred listening.
As the feelings of exultation move into consciousness
my whole being leans into this time of encounter.

Encountering the God within, the One who knit me
together in my mother’s womb,
the One who knows my comings and goings,
my struggles and joys, disappointments, and triumphs.

Slow down, invite exultation to arise within.
Sing songs of praise and prayers of gratitude.
Hold lightly and reverently the depths of faith,
and gently nurture all that is budding within.

Exult in the life God is leading within you.
Release the Spirit’s positive and holy energy into the cosmos.
Listen intently for God’s invitation for you – it resides within!





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For Pondering

- Take in the words "exult" and "exultation." Where does it settle within you? What response is rising within you?
- Perhaps there is a familiar song that you can play today and allow your inner being to exult in God your Savior with the depth and breadth of praise that song invites.

For Prayer

*We pray for all those who lack the inner freedom
to experience exultation.*

*May the Spirit of God fall gently upon them
and allow for this space for worship and praise.
Let us be beacons of light and exultation as we move through this day;
let our lives witness to our own exultation in the Lord.
Amen.*

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