

December 6, 2023



Daily Reflections

GRACE OF ADVENT

By Sr. Jayne Helmlinger, CSJ

Excerpts from Today's First Reading and Today's Responsorial Psalm

On that day it will be said: "Behold our God, to whom we looked to save us! This is the Lord for whom we looked; let us rejoice and be glad that he has saved us!" For the hand of the Lord will rest on this mountain.

ISAIAH 25:9-10a

The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul.

He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage.

You spread the table before me in sight of my foes; You anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of

my life; and I shall dwell in the house of the Lord for years to come.

PSALM 23:1-6

Reflection

The readings for today are full of hope, holy promise, and wisdom. Psalm 23 is one of the most well-known psalms and offers consolation and a sense of being cared for by the Beloved. It is a beautiful and gentle reminder of God's abiding and everlasting love. In these readings, we are invited to dwell in the house of the Lord for all our days ... an open invitation simply waiting for our response.

In the Gospel, we find an excellent summary of the numerous healings performed by Jesus during his public ministry. It also includes the feeding of the multitudes. Perhaps this is a moment to consider what needs healing in your life; it also begs the question, for what do you hunger?

Both of these questions are worth our time to ponder if we truly understand that we dwell in the house of the Lord. God's healing power was not just this moment in time long ago; God continually heals us throughout our lives – in body, mind and Spirit.

Living in the House of the Lord: Response to Psalm 23

You are my Shepherd, O Lord, and yet in my humanness - I want. Release all that binds me to frivolous and fruitless activities that lead me away from your house.

You guide my steps, O Lord, and continually invite me toward the paths less traveled. Grant me the grace and courage needed to remain steadfast in my faith and committed to good works.

Let me not forget the promise of goodness and kindness in my life. Open my eyes, ears, mind, and heart to fully embrace these gifts you've so generously given.



Pradelles, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What might need healing in your life? Lift your prayer to God and see where the Spirit leaves you.
 - For what do you hunger? Pause and reflect on what might be missing in your life that if it were present, your ability to be light and joy to others could be realized.
 - How do the words "dwell in the house of the Lord" speak to you?
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For Prayer

*O God of courage and comfort,
may we enter ever more fully into this Season of Advent.
Let our prayers resound with songs of praise
and our actions flow from hearts transformed.
Amen.*

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