

July 10, 2024

Daily Reflections



Center for Spiritual Development

SEEK THE LORD!

By Sr. Jayne Helmlinger, CSJ

Excerpts from Today's First Reading and Responsorial Psalm

Sow for yourselves justice, reap the fruit of piety; break up for yourselves a new field, for it is time to seek the Lord, till he come and rain down justice upon you.

HOSEA 10:12

Sing to him, sing his praise, proclaim all his wonderful deeds. Glory in his holy name; rejoice, O hearts that seek the Lord!

Look to the Lord in his strength; seek to serve him constantly. Recall the wondrous deeds that he has wrought, his portents, and the judgments he has uttered.

You descendants of Abraham, his servants, sons of Jacob, his chosen ones! He, the Lord, is our God; throughout the earth his judgments prevail.

Reflection

These readings remind us of our mission here on earth. We are given this command by God – to work for justice in our lives as one way to contribute to the reign of God. The words “reap the fruit of piety” can ground and remind us to seek the ways of the Lord each day of our lives.

The Psalm reminds me of a song from my childhood that still stirs the waters of my soul: “Seek the Lord, where he may be found. Call to him, while he is still near.” These words never fail to stir a deep yearning for an encounter with the Beloved. This is the prayer that arose in me as I recalled the lyrics to this song.

Seek the Lord

The waters within me are arising, calling, and quietly urging me to be still and know that God is here. He’s here in the midst of my being, patiently awaiting my attention – an attention that is too often distracted by the unnecessary clanging of irrelevant messaging that bombards incessantly.

Do not rest in the past pious deeds because the vineyard of the Lord is in desperate need of harvesters. Enter the fields of life that await the Good News. Our world calls out for justice, peace, and joy; who are we to not respond?

Let us seek the Lord with all our hearts. Let us run and not grow weary as laborers in the Lord’s vineyards. Let us be the love of God active and present to the ones who have yet to know and encounter him in their lives of toil.



Seal Beach, CA
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- How do you “seek the Lord” in your life? Perhaps through prayer, nature, others, Scripture.
 - How else might you seek the Lord this day?
 - How do you keep the desire to “seek the Lord” fresh and open in your life?
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For Prayer

*O God who desires a relationship with all your creatures,
may we respond joyfully and generously
to your presence and Spirit within us
that continually beckons us into the vineyards of our lives.
Amen.*

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