

March 9, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

GRADUAL TRANSFORMATION

By Sister Jane DeLisle, CSJ

An Excerpt from Today's Second Reading

Everyone who calls on the name of the Lord will be saved.

ROMANS 10:13

Reflection

The first Sunday of Lent dawns with a set of readings from both Testaments reminding us that God is always with us and eager for our salvation. Whether Moses and the people being set free from slavery and oppression only to wander in the desert for forty years, or Jesus impelled by the Holy Spirit to go into the desert for forty days -- personal renewal and ongoing conversion are embraced.

We are invited to desert times to take stock of our relationships, to become aware of all that holds us bound. The intent of our Lenten journey is to

surrender and embrace life-giving relationships with God, one's self, and others.

The Lenten journey comes with an invitation to open our hearts and to enter more deeply into an understanding of how individual behavior and attitudes disrupt or enhance relationships with God, self, others and Earth. The Divine loves us more than we will ever be able to imagine and patiently waits for the burdens and missteps in our lives to be healed and transformed by grace, the gift of God with us.

The desert symbolizes psychological space, empty silence, and the possibility of spiritual renewal over these forty days, impelling us to consciously choose God and the ways of God. Traditionally, prayer, fasting, and almsgiving are the three disciplines meant to assist our gradual transformation in the ways of God's great love for us and all of creation.

Perhaps creatively re-imagining the resources of prayer, fasting, and almsgiving can provide the fresh attitude needed for the season. Some ideas:

Almsgiving: can be monetary; yet the alms I give include self-gift. How and to whom am I invited to give of myself, of my time, resources, attention during Lent? It could be as simple as writing a letter or sitting with another and listening patiently.

Fasting: can be from food; perhaps more beneficial is fasting from attitudes that are judgmental, or self-deprecating thoughts or speech; or fasting from language that denigrates my human goodness and relationships.

Prayer: Simply choosing to turn my mind and heart toward God; reading a daily scripture or CSD Daily Reflection, writing a prayer or letter to God; or spending a few extra minutes each day discerning where God was revealed or hindered in my living and being; engaging in spiritual reading such as Pope Francis's letters/encyclicals. And for a communal dimension, perhaps family prayer or prayer with your spouse or in a faith community.

Drawing closer to God -- this is God's desire for us as it was for Moses, the people of God, and Jesus. It is now the season of return and the spring time of my soul.



Photo by Sister Jane DeLisle, CSJ

For Pondering

- How will I engage Lent 2025 more consciously?
- What form of prayer, fasting or almsgiving is best for me this season?
- Select one of today's readings to anchor your Lenten journey.

Deuteronomy 26:4-10

Psalm 91:1-2, 10-11, 12-13, 14-15

Romans 10:8-13

Luke 4:1-13

For Prayer

All praise, honor, and glory be to you, God of Compassionate presence.

Thank you for inviting me to another Lenten journey.

I am in need of solace, refreshment, and healing.

Be my hope and my inspiration these next six weeks of Lent.

*Help me be focused on the inner landscape of my soul
and guide me in your way.*

You see me and know all that I carry, all that keeps me bound.

*Bless these days of spiritual discipline that I may arise on Easter morning
made new, more whole, and steadfast in your love.*

Amen.

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