

February 4, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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RESTFUL WATERS

By Sister Jayne Helmlinger, CSJ

*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.*

PSALM 23:1



Reflection

This first stanza of today's responsorial psalm touched something deep within me. I was brought to a moment of stillness and silence as I allowed the words to gently wash over me. These calming, inviting, soulful words call forth a desire to ponder and reflect on God's presence within and around each of us.

The allure of God in nature drips from Psalm 23 and can bring solace and solitude to those who ponder the mysteries to which we are being invited. Nature is a ready avenue to spend time with God and it is where I often turn to refresh and renew my spirit.

I find "restful waters" in the fountains in gardens and parks. I find restful waters as I listen to the ocean gently washing onto the shore. I find restful waters in the ponds and lakes near where I live. I find restful waters in the turning of the bamboo rain stick that is sometimes used during liturgy. I find restful waters when the rain gently falls. Each of these places of "restful waters" taps into a soul space within me where stillness and solitude reveal a deep and lasting peace.

MY LIGHT

*Run silent, run deep, O river of life within,
refresh and renew my entire being.*

*May I seek verdant pastures in the whirlwind of life,
where you, my Beloved, patiently wait.*

*Knowing Your restful waters never run dry,
may I quench my thirst through your Word and Life.*

*May the oasis of solitude be a restful sanctuary,
where my Shepherd faithfully tends his flock.*

*For the Lord is my Shepherd,
I shall not want.*

God gives.

God leads.

God refreshes my soul.

JAYNE HELMLINGER, CSJ

For Pondering

- What are the pastures that give you repose?
- Where might you find "restful waters" in your life (figuratively or in

actuality)?

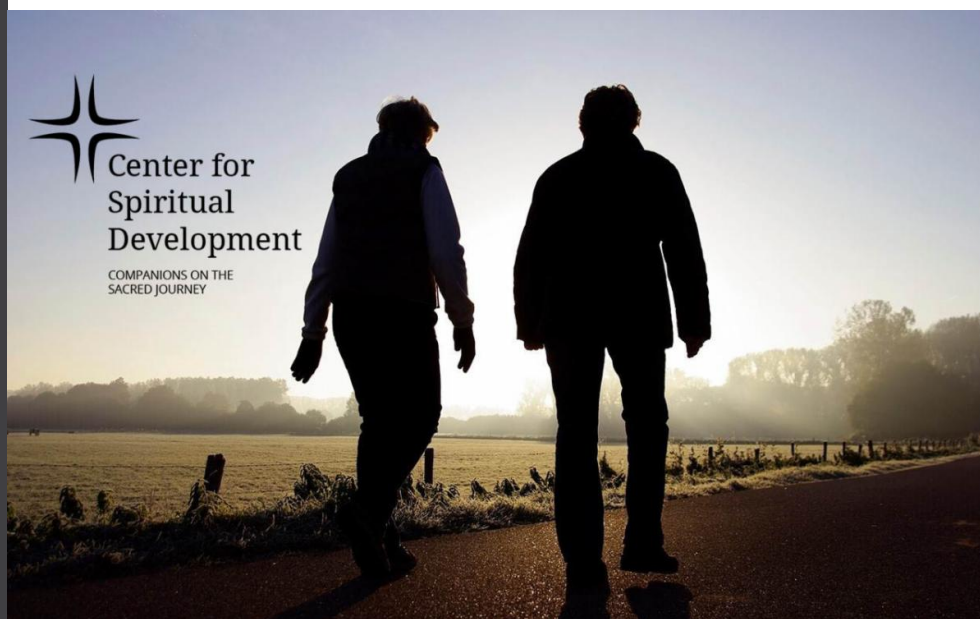
- Where might the Shepherd be calling you today?

For Prayer

May the refreshing waters of God fill you, gently guiding you down the river of life. May you find pastures of tranquility to lift your spirit and may the loving embrace of God enfold you.

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