

Daily Reflections

Journeying through Lent



Center for Spiritual Development

REFLECT AND RETURN TO THE LORD!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

If you, O Lord, mark iniquities, who can stand?

*Out of the depths I cry to you, O LORD; LORD, hear my voice!
Let your ears be attentive to my voice in supplication.*

*If you, O LORD, mark iniquities, LORD, who can stand?
But with you is forgiveness, that you may be revered.*

*I trust in the LORD; my soul trusts in his word. My soul waits for the LORD
more than sentinels wait for the dawn. Let Israel wait for the LORD.*

*For with the LORD is kindness and with him is plenteous redemption;
And he will redeem Israel from all their iniquities.*

PSALM 130:1-2, 3-4, 5-7a, 7bc-8

Reflection

Today's readings are all about leading a virtuous life, and when we stray from this path, our call is to seek forgiveness and reconciliation. While both the first reading and Matthew's gospel speak to this intent, Psalm 130 captures the emotion that is involved in the process of straying from our faith and seeking God's healing redemption.

While we might strive for perfection in our lives, it's not obtainable. We slip up and we sin. The readings and Psalm 130 remind us that there is a way back to God. The very first stanza of this Psalm reads, "Out of the depths I cry to you, O Lord." Internally I can feel the sense of remorse and desire to mend the fault line that separates the psalmist from the God he so loves as he prays so plaintively. It touches a chord of disconnect from our Beloved and speaks to our deep desire to once again be in right relationship with God.

Is this not what we all desire? When we lose our way, or sin enters too easily in our lives, it takes humility and inner authenticity to come before God in our sinfulness. This time of Lent affords us the opportunity to scrutinize our lives, gently, and find those places that are chipping away at the virtuous lives we want to live. Are we strong enough, humble enough, to go there? I hope so, for it is what will reconcile us with God.

Return to the Lord

Within my being longs the deep and lasting desire to be in right relationship with the Beloved.

May I cast aside all that impedes my ability to acknowledge my own sinfulness which keeps me separated from God.

In you I find forgiveness, O Lord. You know me as no other knows me. May I find my strength in you as I seek reconciliation in all aspects of my life.

In you I trust, O God. You are the Alpha and the Omega, the Beginning and the End. May my desire to walk this journey of faith in you be embodied by my thoughts, words, and actions.

In and through you, O God, I seek redemption for all my iniquities. May I remember your kindness and may kindness find a home in me.



Paris
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What needs reconciling in your life?
- Do you trust in God's redeeming presence within you? In God's redeeming presence in the sacrament of reconciliation? What keeps you

from this sacrament that rights your relationship with God?

For Prayer

*O merciful and gentle God,
we lift our voices in prayer this day.*

*May we continue to root out all that is not of you.
Grant us the wisdom to know where we stray from our desire
to follow you more closely.
Amen.*

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