



Daily Reflections

A SHOOT SHALL SPROUT!

By Sr. Jayne Helmlinger, CSJ

Today's First Reading

On that day, a shoot shall sprout from the stump of Jesse, and from his roots a bud shall blossom. The Spirit of the Lord shall rest upon him: a Spirit of wisdom and of understanding. A Spirit of counsel and of strength, a Spirit of knowledge and of fear of the Lord, and his delight shall be the fear of the Lord. Not by appearance shall he judge, nor by hearsay shall he decide, but he shall judge the poor with justice, and decide aright for the land's afflicted. He shall strike the ruthless with the rod of his mouth, and with the breath of his lips he shall slay the wicked. Justice shall be the band around his waist, and faithfulness a belt upon his hips.

Then the wolf shall be a guest of the lamb, and the leopard shall lie down with the kid; the calf and the lion shall browse together, with a little child to guide them. The cow and the bear shall be neighbors, together their young shall rest; the lion shall eat hay like the ox. The baby shall play by the cobra's den, and the child lay his hand on the adder's lair. There shall be no harm or ruin on all my holy mountain; for the earth shall be filled with knowledge of the

Lord, as water covers the sea. On that day, the root of Jesse, set up as a signal for the nations, the Gentiles shall seek out, for the dwelling shall be glorious.

ISAIAH 11:1-10

Reflection

As I read this passage from Isaiah, I could feel a crescendo of emotions and urgency. I was reading both from the time this passage was written and our present-day realities. The sprout from the stump of Jesse happens within each of us if we allow it. It takes nurturing, which flows from our prayer, contemplation, reflection, and engagement with life itself. How often do we pray for the Spirit of wisdom and understanding, counsel and strength, knowledge and fear of the Lord?

This simple passage is rich fodder for our prayer and reflection today. What in your life and mine calls for the wisdom of our Lord? Who or what needs our attention and understanding – right now? Who might need our counsel? Do we make time for this interaction to happen? Is there space in our lives for the needs of others?

In the concluding stanza of this passage from Isaiah, the juxtaposition of two seemingly opposed beings ignites our own imaginations. The wolf will be guest of the lamb; am I the wolf? The lamb? Maybe I'm both, depending on the circumstances. If I am the wolf, what transformation is needed in my life to allow the lamb to live and thrive? Think about each of these pairings as metaphors in your life at this moment.

The words, "the earth shall be covered with the knowledge of the Lord, as water covers the sea." Read that line again ... what is stirring within you? To have the same amount of knowledge of the Lord "as water covers the sea" necessitates a close and abiding relationship with the Beloved. Advent is a wonderful time to tread in the waters of the Lord's tranquility. Advent invites us to cultivate an internal climate where my own wolves and lambs, lions and oxen, can flourish.

Jesse's Shoot

Spring to life, O shoot of Jesse, my being pulsates with the Holy Spirit's energy. Lift me out of complacency and tend the inner garden of my soul.

Spring to life, O shoot of Jesse, full of life-giving nutrients. Be a source of hope, peace, joy, and love as I lean into Advent this day.

Spring to life, O shoot of Jesse, longing to unleash the grace given to me by the

Beloved. May the well-spring of life found in you be poured out in love upon all whom I encounter this day.



Coyote and Lamb
Photo by digicampixels

For Pondering

- Take a moment and identify the shoots you'd like to see emerge in your life this Advent. Assess if there is a balance in what you hope for yourself and what you hope for others and the world.
- What are the wolves and lambs in your life? For instance, a wolf might be an inability to reconcile with someone close to you. A lamb might be a desire you have to serve in a new and unexpected way and you haven't taken that first step toward answering this call.
- What is the knowledge you desire in your life? For instance, the knowledge I pray for is a deeper understanding of how my thoughts and actions might flow from being a member of the dominant culture where I live, work and pray. How might I enable other voices to be amplified?

For Prayer

*O Spirit of Advent,
may we move through this day with the conscious effort
of being love in the world.*

*Let our interactions and relationships
be laced with understanding and knowledge
of what it means to be light in the world.*

Amen.

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support the CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by thecsd@csjorange.org