

February 15, 2025

Daily Reflections



THE HUNGERS OF THE PEOPLE

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's Gospel

*"My heart is moved with pity for the crowd,
because they have been with me now for three days
and have nothing to eat."*

MARK 8:2

Reflection

Jesus knew the experience of hunger and the weakness that results. Scripture demonstrates that he was keenly aware of the needs and hunger of the people among whom he lived and worked. Recognition of the hungers of the people impelled him to respond, to give of himself, and to witness to the great love of God in every encounter.

These same hungers reside in my life and in the life of every human person at all ages. Our conflicted society reverberates with the physical, social, and

spiritual needs of all humanity. The manner of addressing human hunger can be conflicted as well, despite it being a Gospel mandate! People are struggling to have basic needs met daily. Needs for food, clothing, shelter, healthcare. Others seek to find meaning and purpose in their lives while also seeking spiritual nourishment. Too often people seem undervalued, and their dignity repressed.

Jesus taught the disciples to address the physical, social, and spiritual hungers of the people, and in the end it cost him everything. No matter your faith tradition, addressing human suffering is your mandate as well. It is vital that each of us address our own hunger and needs and, at the same time, work to relieve the hunger of each person we encounter.

Some needs may be beyond our capacity to relieve. Yet, in the day-to-day there is much we can do to offer the food of dignity, respect, attentive listening, seeing the best in the other, and reverence for all life.

I must admit that often my heart aches with what must break God's heart. Together, with like-minded people, we can discover ways to address the hungers of humanity and collaborate to address the ills as best we can. I pray in this "Year of Hope" to awaken to what is mine to do in each circumstance. You and I have within us all we need to strengthen the dear neighbor without distinction.



“Christ feeds the Five Thousand” by Lawrence OP is licensed under CC BY-NC-ND 2.0.
To view a copy of this license, visit <https://creativecommons.org/licenses/by-nc-nd/2.0/?ref=openverse>.

For Pondering

- What is my attitude toward the poor and vulnerable?
 - What moves my heart as I encounter the needs of people from all social classes?
 - What is mine to do today?
-

For Prayer

*Loving and compassionate God,
you established all created things and the human family.
You sustain us in our frailty and invited each one of us
to embrace all of humanity and creation with loving concern
that mirrors your own heart.
Show me how best to respond with generosity and humility*

*to the needs and hungers I encounter in myself and in my dear neighbor.
You have gifted me with all I need to witness to
your great love and abiding presence in this world.
Guide my steps along the way.
Amen.*

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

Support 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 US

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