

March 7, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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BEING HUMBLE

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Readings

*Hear the word of the Lord, princes of Sodom!
Listen to the instruction of our God, people of Gomorrah!*

*Wash yourselves clean!
Put away your misdeeds from before my eyes;
cease doing evil; learn to do good.
Make justice your aim; redress the wronged,
hear the orphan's plea, defend the widow.*

ISAIAH 1:10, 16-17

*The greatest among you must be your servant.
Whoever exalts himself will be humbled;
but whoever humbles himself will be exalted.*

Reflection

In the first reading from Isaiah, the words “hear, listen, cease, learn, and justice” leapt from the page as I read them. Lent is a time of hearing and listening to God, identifying where we are falling short of where we are called to be as disciples. It is a time given to each of us to make amends or “redress” where we have wandered from the path of life we’ve chosen to follow.

As noted in yesterday’s reflection, this second week of Lent calls us to take stock of our lives and take the necessary steps to correct our missteps. I was captured by the words “learn to do good” because sometimes we’re not quite sure the path God intends for us to traverse. Forgiveness is the backdrop to reconciling all that is off quilter in our lives. If we are life-long learners, then our experiences remind us that we are more than capable of self-reflection and self-correction. Our God of Mercy beckons us to repent and mend our ways.

The closing words of today’s gospel are clear and direct; “The greatest among you must be your servant. Whoever exalts himself will be humbled; but whoever humbles himself will be exalted” (Mt 23:12).







Photo taken in Sacred Heart Chapel, Orange CA
By Sr. Jayne Helmlinger, CSJ

Humble

*O Season of Lent
your shadows call us
to cultivate the virtue of
humility.*

*To be humble,
is to recognize there is only
one God, one Shepherd and we,
the people of his flock.*

*Humility,
rather than burdensome,
is a gift given
as a reminder of our
own limitations.*

*To be humble
is to embrace our yearning
and absolute need for God
in our lives.*

*Humility,
enables growth in our desire
to love one another,
always.*

For Pondering

- What happens within you when you ponder the word “humility” or “humble”? Spend some time allowing these words to settle within you. What pearls of wisdom come to mind?
- What life experiences have evolved your own understanding of humility?

Closing Prayer

Compassionate God, we ask for insight in how to become people of humility, embracing our need for reconciliation and forgiveness. In our desire to be more loving, may we take to heart the words from today's gospel: The greatest among you must be servant. Whoever exalts himself will be humbled, but whoever humbles himself will be exalted. Amen.

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