

September 24, 2025

Daily Reflections



GIVING THANKS

By Alicia Rodriguez

An Excerpt from Today's Responsorial Psalm

*So now consider what he has done for you, and praise him with full voice.
Bless the Lord of righteousness, and exalt the King of ages.*

TOBIT 13:6

Reflection

I accompanied my mom to run some errands this past weekend and one of her stops was Hobby Lobby. As soon as we walked in the door we noticed that all of the Thanksgiving and Christmas decorations were already up, ready to be sold. Seeing the holiday decorations made my mom and me talk about how different things will be this year than they were last year.

Last year, my family and I were navigating through all the ups and downs that came with my dad's chemotherapy and open wound care. I remember being

frustrated, exhausted and overwhelmed. My dad made visits to the emergency room on both Thanksgiving and Christmas. The holidays felt like a blur.

As my mom and I made our way to the next destination, we started talking about how grateful we are that my dad has made a full recovery. We are grateful for the family and friends who supported us through the difficult times and we are grateful for one another, because we kept each other going. When we got home, we told my dad what we were talking about and he started belting out worship hymns.

This excerpt from today's psalm reminded me of my dad belting out and rejoicing for everything that God has done for him. He does it at random times throughout the day and as loudly as possible. He doesn't mind who may be around or who is giving him weird looks. He says that he has a lot to be grateful for and that he is not ashamed to give thanks to God when he feels the Spirit stirring inside him.

It makes me wonder, what is stopping me from giving thanks to God so openly and unashamedly?



Close-Up of Hands

For Pondering

- What are some of the things that you thank God for?

- How do you show your thanks to God?

For Prayer

*Heavenly God,
thank you for all of the good that you have given me
and for always being with me through all the bad.
Please continue to guide me through life and accompany me on this journey.
Amen.*

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