

November 4, 2025

Daily Reflections



GOD'S INVITATION TO US

By Sister Jayne Helmlinger, CSJ

From Today's Readings

We, though many, are one body in Christ...

ROMANS 12:5

In you, O Lord, I have found my peace.

PSALM 131

The parable of the Great Banquet.

LUKE 14:15-24

Reflection

What I find helpful in St. Paul's letter to the Romans is his reminder to us all about being a part of the Body of Christ. We are each given the graces and gifts

from God to contribute to the building up of the Body of Christ for the common good.

It once again takes humility on our part not to succumb to the temptation of comparing our gifts to others. This is not helpful because it can become divisive. God has given us the gifts we have because God wants us to use them – generously and for others.

This first reading flows beautifully into the responsorial psalm, where we pray to God, “In you, O Lord, I have found my peace.” When we graciously accept and use our gifts, we both receive and give of ourselves with joy and generosity, leaving a deep sense of peace within us.

The parable of the Great Banquet from Luke once again steers us toward reflecting on whether we are open to God’s invitations in our lives. Are we, like those who are making excuses for not attending the banquet, finding excuses for why we are rejecting some of God’s invitations in our lives?

Invitation from God

You are invited to
come as you are.

Date: Today

Time: Now

Place: Wherever you are

With Love, God

*With Love,
God*

Image created by Sister Jayne Helmlinger, CSJ

For Pondering

- Answering God's invitations ought not cause burnout. How are you experiencing God's invitations in your life? How might you reframe these invitations to help you respond positively and energetically to your role in building up the Body of Christ?
- If you are experiencing burnout, reflect a moment on the Responsorial Response: "In you, O Lord, I have found my peace." How might you cultivate the peace of God within you?

For Prayer

*Let us pray for the grace to accept God's invitations graciously.
May we continue to add our contributions to the building up
of the Body of Christ in our lives
as we serve and live in faithfulness and humility.
Amen.*

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