

May 9, 2023



Center for Spiritual Development

# *Daily Reflections*

JOURNEYING THROUGH EASTER

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## PERSEVERANCE

By Sister Jayne Helmlinger, CSJ

### Excerpts from Today's Readings

*They [Paul and Barnabas] strengthened the spirits of the disciples and exhorted them to persevere in the faith, saying, "It is necessary for us to undergo many hardships to enter the Kingdom of God." And when they arrived, they called the Church together and reported what God had done with them and how he had opened the door of faith to the Gentiles.*

**ACTS 14:22, 27**

*Jesus said to his disciples: "Peace I leave with you; my peace I give to you. Not as the world gives do I give it to you. Do not let your hearts be troubled or afraid."*

**JOHN 14:27**

## Reflection

Today's readings give us a taste of what it entails to be a disciple, a follower of Jesus. The message in these passages is not sugar-coated; to put our faith into practice does not mean that our path will be smooth and easy. On the contrary, as we read about the journeys of Paul and Barnabas, we, too, can expect challenges along the way. Jesus' message of "my peace I give to you" and "do not let your hearts be troubled or afraid" are words for us to take into the center of our being. Living our faith through speech, word, presence, and action can sometimes be met with resistance, animosity, and skepticism. I find the courage of Paul and Barnabas inspiring in my own life's journey as woman of faith.



Photo by Sr. Jayne Helmlinger , CSJ

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## Perseverance

*Take courage, O faltering heart within  
as the winds of resistance blow strong against us.  
As we walk in the footsteps of Paul and Barnabas*

*may we recall their perseverance and know it is within us, too.*

*Peace is offered to all who encounter restlessness within  
slow down and open yourself to the One who calms the seas.  
No matter what obstacles might cross our paths this day  
may we walk with inner confidence and faith each step of the way.*

*O soul, be not troubled as conflict draws alongside  
turn to the One who sent you and breathe deeply this new life.  
For peace resides deep within—an offering to be shared  
sprinkle it generously throughout each passing day.*

JAYNE HELMLINGER, CSJ

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### For Pondering

- How does perseverance have relevance in your own faith journey? It might help to recall times of struggle and to reflect on how you found your way through to a space of peace and solitude.
  - How might you reconcile the difference between the peace Jesus offers us and the peace the world gives? What does this mean to you?
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### For Prayer

*We pray for all seeking peace in their lives. May they encounter persons of faith who witness to the peace only found with God. Let each of us be a presence of light and love in these unsettling times of division and violence. Amen.*

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