



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

DISCOVERING THE UNDERNEATH

By Sr. Jayne Helmlinger, CSJ

Today's Second Reading

Brothers and Sisters: You are God's building. According to the grace of God given to me, like a wise master builder I laid a foundation, and another is building upon it. But each one must be careful how he builds upon it, for no one can lay a foundation other than the one that is there, namely, Jesus Christ. Do you not know that you are the temple of God, and that the Spirit of God dwells in you? If anyone destroys God's temple, God will destroy that person; for the temple of God, which you are, is holy.

1 CORINTHIANS 3:9c-11, 16-17

Reflection

During this week I am using the word AUTUMN as an acronym to reflect on each day's readings. For today, the word is UNDERNEATH. For context, the words from Monday's, Tuesday's, and Wednesday's readings are included, as

well as the words for the rest of the week.

AUTUMN

A: Awe

U: Understanding

T: Trust

U: Underneath

M: Mighty

N: Nature

This reading from St. Paul to the Corinthians is powerful and poignant because he clearly reminds us that we are the temple of God, and the Spirit of God dwells within us. Reread this last statement! It brings me to my knees because this is gift purely given by God to us - to you, to me, to everyone. It is the foundation upon which my own faith is built. It is underneath all that I profess with my life. It is at the heart of my spiritual well-being.

In the daily Ignatian Examen that I pray, it is what undergirds or what is beneath my thoughts, actions, and ways of being as I review my day and prepare for the next day. What are my motives for doing, saying, or being in any given circumstance? What is underneath why I do what I do? If it is not flowing from my life in Christ, then changes need to be made. This is the power of reflecting and praying and pondering the word “underneath.”

Underneath

*Underneath the waves of daily life lies a stillness undisturbed. It is you, Lord,
who anchors my life and steers the course of each moment in time.*

*Underneath the superficial encounters of each day, awaits the moment where
I risk the sharing of my heart, revealing the truth of the depth and breadth of
the love I have for God.*

*Underneath the seasons of change, I find the wisdom of the cycles of life;
within myself, with family and friends, and the environment in which I live
and have my being.*

*Underneath the bravado of having it all together, I seek the solace of the
Beloved who awaits me with unbridled love and compassion.*



Fort Loramie, OH
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Spend some time in quiet reflection; what is stirring deep within you at this moment in your life? What needs tending to as you begin this day?
 - Seek to discover what lies underneath all that you present to the world. How congruent is your internal and external sense of self?
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For Prayer

*O God,
direct my life this day,
helping me to make choices that flow from a heart grounded in you.
May I remember
that your Spirit dwells within me
and tap into your energy and grace this day.
Amen.*

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