

June 12, 2024

Daily Reflections



Center for Spiritual Development

GOD OF OUR HOPE!

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Today's Responsorial Psalm

Keep me, O God, for in you I take refuge; I say to the Lord, "My Lord are you."

They multiply their sorrows who court other gods. Blood libations to them I will not pour out, nor will I take their names upon my lips.

O Lord, my allotted portion and cup, you it is who hold fast my lot. I set the Lord ever before me; with him at my right hand I shall not be disturbed.

You will show me the path to life, fullness of joys in your presence, the delights at your right hand forever.

PSALM 16:1-2, 4-5, 8, 11

Reflection

I chose to focus on the responsorial psalm for today because of the message found within it. It is so tempting and easy to lose our way, to lose our focus in life. The distractions are everywhere around us. We are constantly being bombarded with advertisements, texts, emails, and the noise of the world both within and outside of ourselves. In the quiet of our lives, we can be mindful of who we were created to be. It is a time to reflect on the choices we're making in life and whether these are leading us toward God and the service of his people. With our mind, heart, and eyes focused on the God who birthed creation into being, we can calm the noise that surrounds us and remain grounded in who we are as pilgrims on the way.

The words "you are my hope" are simple, yet profound. If we hope in anything other than God, then our hope is misguided and off-kilter. Our hope rests in the Lord our God; it is what nurtures our own relationship with God, ourselves, and others. At the end of the day, I find it helpful to use St. Ignatius's examen so I can stay the course of my faith. In the examen, I look back on my day and note where I've seen God's inbreaking presence in my life and I give thanks. I also note where I've missed opportunities to be God's love at any given moment in the experiences and encounters with others. It is a time to reflect, pray, and give thanks to God for the day, the people I've encountered, and the ability to see and experience the Holy Spirit at work in the world. It is a time to reflect on how tomorrow is another chance to pour out my love for others.

God of Hope

God of hope whose beauty abounds,
quiet my restlessness as I seek time with you.

God of hope who plants seeds of joy and peace,
May I never tire of my desire for union with you.

God of hope who breaks through the darkness,
See me through the storms of life both near and afar.

God of hope who knows our hearts' desires,
fan into flames the gifts you've given to each of us.



Photo by Kranich7

For Pondering

- How is hope a part of your prayer and everyday life? How might you cultivate the gift of hope we've been given?
- For what do you hope?

For Prayer

*O God,
we pray for those among us who are experiencing a sense of hopelessness.
May we have eyes to see, ears to hear,
and the desire to be light in their darkness.
May we gently offer our own sense of hope in a manner
that invites others to a place where the light of hope can be found.
Amen.*

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