

September 10, 2024

Daily Reflections



Center for Spiritual Development

LET US LEAD DISCERNING LIVES!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm and Gospel

The Lord takes delight in his people.

Sing to the LORD a new song of praise in the assembly of the faithful.

Let Israel be glad in their maker, let the children of Zion rejoice in their king.

Let them praise his name in the festive dance, let them sing praise to him with timbrel and harp. For the LORD loves his people, and he adorns the lowly with victory.

Let the faithful exult in glory; let them sing for joy upon their couches; Let the high praises of God be in their throats. This is the glory of all his faithful. Alleluia.

PSALM 149:1b-6a, 9b

Jesus departed to the mountain to pray, and he spent the night in prayer to

God. When day came, he called his disciples to himself, and from them he chose Twelve, whom he also named Apostles: Simon, whom he named Peter, and his brother Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Simon who was called a Zealot, and Judas the son of James, and Judas Iscariot, who became a traitor.

And he came down with them and stood on a stretch of level ground. A great crowd of his disciples and a large number of the people from all Judea and Jerusalem and the coastal region of Tyre and Sidon came to hear him and to be healed of their diseases; and even those who were tormented by unclean spirits were cured. Everyone in the crowd sought to touch him because power came forth from him and healed them all.

LUKE 6:12-19

Reflection

I found it helpful to connect the responsorial psalm and the gospel as I prayed with the readings for today. In the psalm, the simple reminder that God takes delight in his people -- and therefore, God takes delight in us -- is a wonderful way to start the day! When I sit with this phrase, it fills me with a sense of inner knowing of the love God has for all of creation. I take this in and let it settle upon my heart because when I do this, I find I'm much more tender and engaging as I move throughout the day.

Then moving to the gospel reading from St. Luke, we're once again reminded of the calling forth of Jesus' disciples. What moves me in this passage is that Jesus spent the night in prayer to God and then he called each by name. The word that popped off the pages as I pondered this passage was, he "chose" the Twelve.

We are called to lead discerning lives and to spend quality time in prayer, seeking the wisdom of God before making important decisions. In daily prayer, we are uniting with the Beloved and tilling the soil within us. When it comes time to make decisions, the soil of our soul is ready, and our decisions become ones that flow from our Triune God.





San Michael in Le Puy, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- As you reflect on your own prayer life, what types of prayer are you drawn to that enrich and nourish you?
 - When important decisions are before you, do you spend time in prayer before making them?
 - How do you experience the fruit of your prayer in your daily life?
 - How do you experience God taking “delight” in you, as Psalm 149 reminds us?
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For Prayer

*O God who calls each of us to be disciples,
we pray for the wisdom and grace to lead discerning lives.
May our choices flow from time spent with you in prayer,
seeking to make decisions grounded in our life of faith.
Amen.*

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