

April 17, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

JOY!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

R: Let all the earth cry out with joy!

Shout joyfully to God, all the earth, sing praise to the glory of his name; proclaim his glorious praise. Say to God, "How tremendous are your deeds!"

*"Let all on earth worship and sing praise to you, sing praise to your name!"
Come and see the works of God, his tremendous deeds among the children of Adam.*

He has changed the sea into dry land; through the river they passed on foot; therefore, let us rejoice in him. He rules by his might forever.

PSALM 66:1-3a, 4-5, 6-7a

Reflection

In yesterday's reflection I spoke of the joy I have when I sing. The scripture passage was from John 6:35: "I am the bread of life." As I noted yesterday, my innermost being is touched by the words of the Scripture and comes fully alive when I sing.

Today's psalm is a helpful descriptor of what it means to give praise to the One who created us. The words ring out with joy and an expression of our love. Do we allow ourselves this gift of giving praise on a regular basis? Do we allow ourselves to stop, quiet all within us and enable the joy that comes from the Spirit to arise within us? Why do we sometimes ignore or attempt to stop it? Why not tap into this spiritual gift that propels us on our pilgrimage of life?

Joy is a gift of the Holy Spirit that is so needed in our world today. Why not nurture this gift given to us through the sacrifice of his Son? Let us who believe release this joy within us and invite others to find this joy within themselves!

Joy!

O heart filled with music that springs from the Creator, let us draw ever close to the One who calls us each by name.

May our joy be invitational and gentle, allowing those around us to experience the God of joy and love.

O center of my being, may the door of joy always be open and may the release of joy be a gentle river flowing from the Divine Heart of God to all of creation.



Orange, CA

Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- How do you experience God's joy in your life? How might you share this

joy more abundantly?

- How do you respond to God's joy within you? How might you create more room within you for joy to find a home?

For Prayer

*Divine source of all joy,
we pray for those who find no joy within or around them.
May we be gentle conduits of your joy
in a world that often blocks the joy you offer us.
Amen.*

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