



Daily Reflections

JESUS HEALS!

By Sr. Jayne Helmlinger, CSJ

Today's First Reading and an Excerpt from the Gospel

Beloved: Who indeed is the victor over the world but the one who believes that Jesus is the Son of God? This is the one who came through water and Blood, Jesus Christ, not by water alone, but by water and Blood. The Spirit is the one who testifies, and the Spirit is truth. So, there are three who testify, the Spirit, the water, and the Blood, and the three are of one accord. If we accept human testimony, the testimony of God is surely greater. Now the testimony of God is this, that he has testified on behalf of his Son. Whoever believes in the Son of God has this testimony within himself.

Whoever does not believe God has made him a liar by not believing the testimony God has given about his Son. And this is the testimony: God gave us eternal life, and this life is in his Son. Whoever possesses the Son has life; whoever does not possess the Son of God does not have life. I write these things to you so that you may know that you have eternal life, you who believe in the name of the Son of God.

It happened that there was a man full of leprosy in one of the towns where Jesus was; and when he saw Jesus, he fell prostrate, pleaded with him, and said, "Lord, if you wish, you can make me clean." Jesus stretched out his hand, touched him, and said, "I do will it. Be made clean." And the leprosy left him immediately.

LUKE 5:12-13

Reflection

This first reading from John is somewhat circular – we have to navigate the twists and turns with each word to gain the deeper understanding of what is being said. Jesus comes through water and Blood, and the Spirit testifies, and the Spirit is truth. It's a mind twister because it flows from the mystical understanding of who Jesus is in relationship to the Father and the Spirit. It is in trusting in the mystery of the Trinity and embracing it without fully understanding it.

After reflecting on the depth of what is conveyed in this passage from John, we turn our attention to Luke's gospel where we come upon Jesus' healing of the man with leprosy. Jesus knew this would attract attention from believers and disbelievers alike. He knew his mission and he didn't shy away from the consequences of his actions. At the end of the passage, Jesus withdrew to "deserted places" to pray.

I find this helpful because if I lose my sense of connection to God through prayer, I lose my ability to live fully who God intends me to be. Prayer grounds and steadies me amidst the turbulence of life. It is a reminder that life is not easy, and we all suffer the consequences of our actions – those intended and not intended. Prayer enables us to remain in God's love and ponder our next steps in life. It is prayer that solidifies our lives in faith because we meet the Beloved in openness, peace, and joy.

Prayer to Healer God

Ever faithful God, may we seek you in the darkest recesses of our being. May your light provide the pathway forward as we seek to live as you desire us to live.

May we approach you in confidence and faith as the leper did, trusting in your ability to heal. May you heal all within us that needs reconciling so we might be

the light of faith this day.

May our belief in the Trinity enliven our desire to follow you more closely at this moment in time, releasing all that blocks our path to you.





Sacred Heart Chapel - Orange, CA
Photo by Sister Jayne Helmlinger, CSJ

For Pondering

- Is there anything that needs healing in your life? Can you reach out to God and trust that the healing you need (not what you might expect) will occur?
 - How might you lend a healing hand to someone this day? (A smile, a kind gesture, a moment of scared encounter, a moment of your time?)
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For Prayer

*Healer God,
may we seek to be healers
and cause no harm to others (or ourselves) this day.
May we seek out those who desire to experience your presence this day
by making ourselves open to encounter.
Amen.*

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