

March 3, 2025

Daily Reflections



SEEK YE FIRST

By Sister Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading

To the penitent God provides a way back, he encourages those who are losing hope and has chosen for them the lot of truth. Return to him and give up sin, pray to the Lord and make your offenses few. Turn again to the Most High and away from your sin, hate intensely what he loathes, and know the justice and judgments of God. Stand firm in the way set before you, in prayer to the Most High God.

SIRACH 17:24-27

Reflection

Just as with yesterday, the first reading is from Sirach, and we find encouraging words for us to ponder as we prepare ourselves for the journey of Lent. Knowing that God provides paths back to him is comforting because as human beings, we all falter. Through our prayers and through the sacraments,

we find ways back to the Beloved. This reading calls forth from us humility, grace, repentance, forgiveness (of ourselves and others), and desire.

Do we seek, with all our hearts, an intimate relationship with God? If so, we must be connected with the Body of Christ as well; we also need to accept and love ourselves as God loves us. Lent offers us this time of self-reflection and letting go of all that impedes us from a closer relationship with God, self, and others. While the words in this reading from Sirach can be harsh, their intent is to lead us back to God. The question for us is whether or not we will put in the prayer, self-reflection, and work it takes to remain faithful servants of the Lord.

Seek Ye First

O Spirit of God, we call upon you as we prepare to enter into this journey of Lent. May our hearts be softened to receive the Word you have given us. Let us seek to bring ourselves into the quiet of your presence.

O Love of our lives, may we make room for you in our hearts by clearing out all that impedes our ability to hear and take in your Word. Let us pray for the grace to encounter you in new and unexpected ways as Ash Wednesday approaches.

O One who beckons us, may we come to the quiet of our inner sanctuary with an openness to receive whatever is planted within our hearts. May we desire time with you in the coming weeks despite the demands for our time that too often pulls us away from you.



Vermont

Photo by Sister Jayne Helmlinger, CSJ

For Pondering

- How might you seek God in the silence of prayer this Lenten Season?
- How are you preparing your heart and inner being to enter fully into the

For Prayer

*O God of love,
we pray for the grace to be open to all that unfolds for us this Lent.
May we be attuned to the movement of your Spirit
both within and around us.
As this day unfolds, may we walk a bit more gently and quietly
as a way to slow down the pace of our lives in order to set the stage
for your in-breaking presence in the coming weeks of Lent.
Amen.*

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