

February 24, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

JOURNEY OF LENT

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Today's Responsorial Psalm and Gospel

Blessed are they who follow the law of the Lord!

*Blessed are they whose way is blameless, who walk in the law of the LORD.
Blessed are they who observe his decrees, who seek him with all their heart.*

*You have commanded that your precepts be diligently kept.
Oh, that I might be firm in the ways of keeping your statutes!*

*I will give you thanks with an upright heart, when I have learned your just
ordinances.*

I will keep your statutes; do not utterly forsake me.

PSALM 119:1-2, 4-5, 7-8

*Jesus said to his disciples: "You have heard that it was said, You shall love
your neighbor and hate your enemy. But I say to you, love your enemies, and
pray for those who persecute you, that you may be children of your heavenly*

Father, for he makes his sun rise on the bad and the good, and causes rain to fall on the just and the unjust. For if you love those who love you, what recompense will you have? Do not the tax collectors do the same? And if you greet your brothers and sisters only, what is unusual about that? Do not the pagans do the same? So be perfect, just as your heavenly Father is perfect."

MATTHEW 5:43-48

Reflection

Psalm 119 seems almost a summary of our journey during this first week of Lent. We are reminded of our desire to walk in the way of the Lord and live according to the law that was handed down from the prophets who have gone before us. During this past week, I wrote a bit on our need to repent and believe in the gospel. Monday's focus was on giving of ourselves during Lent. Tuesday was a call to live fruitful lives. Wednesday was to cultivate a humble heart. Thursday was reflecting on how the Lord is our Shepherd. Friday was a call to complete our lives and return to the Lord.

All of these themes this week remind us that Lent is a time of self-examination. It is a time of letting go of ways that are counter to our discipleship. It is a time of forgiveness, reconciliation, and ensuring right relationships, especially our relationship with the Beloved.

Lent is a time of listening intently to the words of the gospel and evaluating our lives in accordance with what is written. It can be a time of renewing our commitment to live lives that attest to our faith. It is a time to admit our iniquities and once again turn to the God who beckons us.

It is a time to implement Lenten practices that help us enter more fully into this season of repentance and prayer. What practices have you started? Perhaps fasting has enabled you to grow deeper in your faith by contributing to food banks, offering free meals, and understanding that our deepest hunger is for God. This practice of fasting can ground us and contribute to a more disciplined life of prayer if we move beyond the bodily understanding of fasting.

Fasting can also remind us that this time of Lent is a time of spiritual cleansing. The scriptures and psalms bring to the fore our need for God in our lives. We are reminded of God's commandments and how to live a life predicated on the gospel messages. It is a time to allow the revelatory Word of God to seep deep within us.



For Pondering

- What Lenten practices have assisted you this week in your desire to draw ever close to God? If your Lenten practices are sporadic, pray for the desire to stay committed to them.
 - Reflect back on this first week of Lent. What have you found helpful? This might be something to continue during the second week of Lent.
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For Prayer

*O God,
as we move into this second week of Lent,
may we remain steadfast in our prayer and Lenten practices.
May we continue the call of self-examination
and seek ways of growing deeper in our understanding
of what contributes, and what impedes, our walk of faith.
Amen.*

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