

April 9, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

BLESSED BE GOD!

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Excerpts from Today's First Reading and Gospel

Blessed be the God of Shadrach, Meshach, and Abednego, who sent his angel to deliver the servants who trusted in him; they disobeyed the royal command and yielded their bodies rather than serve or worship any god except their own God.

DANIEL 3:95

Jesus said to those Jews who believed in him, "If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free."

JOHN 8:31-32

Reflection

In the First Reading from Daniel, we hear the story of these men who refused to worship King Nebuchadnezzar. They chose to remain faithful to God despite the consequences of being thrown into the fire if they refused. What courage and faith it took for these men to stand up to an attack on their faith at the risk of their very lives.

It prompts the question – how strong is my own faith? If put into the same situation, would my faith waiver? I hope not and I hope I will never have to answer this question during my lifetime. At the same time, there are many subtle and not so subtle challenges to my belief in God, even if it is not at the risk of my life.

As I read or watch the news and see the tremendous amount of pain, violence, and disregard for life all over the world, it raises questions for me about the presence of God in the midst of such tragedy. What helps me cope is knowing that God is present with each of us – those in danger and experiencing violence, as well as those of us who witness it.

It calls forth a faith response of how I might respond to the injustices in our world. There are so many ways for us to lift our voices in support of those being unjustly treated. It is incumbent upon us to not turn away; it is a call to put our faith into action.

It is also a time to not doubt God; it is a time to know that God never abandons us even if it can feel this way at times. Embracing our faith and sharing that we remain steadfast in our belief and trust in God, no matter the circumstances, speaks its own kind of voice to the world.

This last verse from John 8:31-82 brings great comfort: “If you remain in my word, you will truly be my disciples, and you will know the truth, and the truth will set you free.” This speaks to the freedom deep within us when we feel inadequate in our response to injustices. It is a reminder that God is with us – always – no matter the outcome.



Photo by Alex Shute

For Pondering

- What helps you retain your trust and belief in God when you witness or read about the incredible cruelty that is a part of our world?
- What actions might you be able to initiate to counter the injustices in our world? Letter writing to politicians? Peaceful protests? Financial support to those in need? Shelter? What one thing can you do that will attest to your faith in God and show support for those experiencing violence and cruelty?

For Prayer

*O God,
you know the pain that exists within and around us
as our brothers and sisters around the world
experience despair, violence, and harm.
May we have the courage to respond in ways
that support and encourage those most in need of love and compassion.
May we counter the abuse being suffered by others
through both our prayers and actions.*

Amen.

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