

February 8, 2025

Daily Reflections



THE LORD IS MY SHEPHERD

By Sister Jayne Helmlinger, CSJ

Today's Responsorial Psalm and Gospel

The Lord is my shepherd; there is nothing I shall want.

The LORD is my shepherd; I shall not want. In verdant pastures he gives me repose. Beside restful waters he leads me; he refreshes my soul. He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage. You spread the table before me in the sight of my foes; You anoint my head with oil; my cup overflows. Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the LORD for years to come.

PSALM 23:1-6

The Apostles gathered together with Jesus and reported all they had done and taught. He said to them, "Come away by yourselves to a deserted place and rest a while." People were coming and going in great numbers, and they had

no opportunity even to eat. So, they went off in the boat by themselves to a deserted place. People saw them leaving and many came to know about it. They hastened there on foot from all the towns and arrived at the place before them. When Jesus disembarked and saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.

MARK 6:30-34

Reflection

I never tire of Psalm 23 because it touches something deep within me. The words of this psalm are “soul words,” expressing the longing we have for the Beloved. As I read and pray this psalm, something changes within me. My heart grows softer, my cadence slows a bit, and I find myself taking in each word and allowing myself to experience the invitation and soothing intention of each one of them.

Then turning to Mark’s gospel, we hear Jesus listening deeply to his apostles and urging them to step back and rest. This is another soothing passage that can be said to each of us when we find ourselves growing weary and tired as we seek to engage in ministry each day. We need time to rest, re-energize and re-engage each day if we hope to be effective stewards of all that has been given to us.

This passage from Mark notes how “Jesus was moved with pity” because the people desperately wanted to hear and listen to Jesus, while others sought healing in body, mind, and spirit. Jesus cares for each of us and calls us to him just as he did so many years ago. The question for us is, how do we respond?

The Lord is my Shepherd

I do want, Lord, and all I need to do is turn to you and hear your Word and experience your embrace. Let us take to heart that we are on this journey with one another as we walk in the footsteps of your Son, Jesus.

I will seek the green pastures in my life, both literally and figuratively. I know when my body, mind, or spirit needs rest; I must choose rest to accompany my work or run the risk of losing touch with the true call of my vocation.

You, ever-faithful God, walk with me each day. May I, in turn, invite others to walk with you, too. May my interactions be invitational and my heart open to

all people whom I encounter this day.



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For Pondering

- What phrase or phrases speak to you in Psalm 23? Why? Enter into a time of meditation on the words that arise within you.
 - When you hear the words “The Lord is my Shepherd,” what comes to mind?
 - As you reflect on “dwelling in the house of the Lord” what does this call forth from you? How would you describe your “home with God?”
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For Prayer

O God,
may we seek a balance in life
where our times of ministry are coupled with times of rest.

*May we find our home in you no matter the circumstances of our lives.
Let us be moved with tenderness and kindness
as we encounter the people in our lives this day.
Amen.*

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