

May 12, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

MY HEART'S LONGING

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's Responsorial Psalm

*As the hind longs for the running waters,
so my soul longs for you, O God.
Athirst is my soul for God, the living God.
When shall I go and behold the face of God?*

PSALM 42:2-3

Reflection

This is the fourth week of Easter. In the Church year, the Easter Season is a long one. I think that's because it takes a lifetime of claiming the reality of Jesus' resurrection for oneself. Easter joy and the promise of new life, forever, fulfills our wildest hopes and desires. Easter is a time of allowing ourselves to be embraced by the expansive love of God. Easter is the season to claim the

grace of witness to all that God has done and can do in our lives.

Most of the readings until Ascension are about the apostles grasping the reality of the resurrection and what it means for them personally. Once they understood that Jesus is risen indeed, they come to accept that they are now to be the witnesses, the messengers of the Good News as the Father desires and Jesus taught them and sent them to proclaim. This is my mission and yours as well.

To be faithful to all that God created us to be, love and desire are stirred in our hearts, minds, and souls. Psalm 42 resonates deep within my soul. Desire for God is stirred up in me and is my intention. It is this longing for God and the ways of God that motivated the apostles and is given to inspire us. We need to choose to dwell each day in the desire for God and let it purify and motivate our living. Every moment is an opportunity to encounter God, to be filled with desire for God, and to choose to live as Jesus demonstrated with the whole of his life. He told us that, if we see him, know him, we also see and know the Father, who is all love, mercy, and compassion.

We are his witnesses, his disciples, the people of God who are loved, called, and sent to make a positive difference in the world. Let us not waste this time of grace! Let us live as people of peace, joy, love and hope in all the choices, words, attitudes, and deeds of our life. We are God's beloved now. We are sent to BE Good News, not only in the season of Easter, but always! It is our blessed opportunity to work toward God's desire that ***"all may be one."*** May the hallmark of our living be love, mercy, and compassion.



Sun and Clouds
Photo by Brett Sayles

For Pondering

Ask yourself:

- How have I reflected the Good News of God's great love recently?
 - What is my heart's desire for God?
 - How have I embraced the Easter Message of LIFE in all aspects of my living?
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For Pondering

Reflect on a portion of Psalm 42. Let the words of the psalm stir up longing for God and God's ways in your heart and soul.

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so my soul longs for you, O God.
Athirst is my soul for God, the living God.
When shall I go and behold the face of God?"*

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