

May 12, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

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LOVE ONE ANOTHER

By Sister Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to his disciples: "This is my commandment: love one another as I love you. No one has greater love than this, to lay down one's life for one's friends. It was not you who chose me, but I who chose you and appointed you to go and bear fruit that will remain, so that whatever you ask the Father in my name he may give you. This I command you: love one another."

JOHN 15:12-13, 16-17

Reflection

Once again, we are being called to love one another as Jesus loves

us. Sometimes I wonder, is my heart large enough to even attempt so great a feat? Knowing the answer must be “yes” doesn’t make it any easier. Loving those who are a part of my own circles of relationships seems more within my reach. Loving those who come at life in vastly different ways than I do is so much more difficult. It is in these very circumstances that I challenge myself to see God in all people – even those from whom I want to turn away. What helps me remain engaged is remembering that all are created in the image and likeness of God. It is not for me to determine who is worthy of love; it is a call to integrity to love others as God loves me. For this – I pray for God’s grace!



Vatican Library
Photo by Sr. Jayne Helmlinger, CSJ

Call to Love

*O Spirit within me, soften my heart
and allow grace to enter in
for I do want to follow God's command
to love one another as God loves me.*

*When I bump against my own resistance
remind me, Jesus, how you loved so freely
throughout your entire life. Help me stay the
course toward greater love of all humanity.*

*O Spirit within me, open wide the gates of inclusivity
and help me search out the forgotten and ignored.
May I continue to create a welcoming space
for others to enter in this dance we call life.*

JAYNE HELMLINGER, CSJ

For Pondering

- How do you respond to Jesus' call to love others as he loves you?
 - What obstacles hinder you from loving more freely? How might you put aside these obstacles to love more generously?
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For Prayer

*O God of infinite love,
we pray for the courage and commitment to love as Jesus loved.
May our hearts remain open to all whom we encounter this day.
Let us be generous in our service
and mindful of those most in need of our attention and care.
Let us not grow weary in our desire to love and be love in the world.
Amen.*

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