

August 9, 2025

Daily Reflections



Center for
Spiritual
Development

NURTURE THE MUSTARD SEED WITHIN!

By Sister Jayne Helmlinger, CSJ

Excerpt from Today's Gospel

A man came up to Jesus, knelt down before him, and said, "Lord, have pity on my son, who is a lunatic and suffers severely; often he falls into fire, and often into water...." "Bring the boy here to me." Jesus rebuked the boy, and the demon came out of him, and from that hour the boy was cured. Then the disciples approached Jesus in private and said, "Why could we not drive it out?" He said to them, "Because of your little faith. Amen, I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

MATTHEW 17:14, 17-20

Reflection

As I pondered this passage, I was struck by Jesus' harsh response to the

disciples when they asked why they couldn't heal the boy. I wonder how it impacted them. Was it the jolt they needed to trust in Jesus more fully and lean into their faith? Did it spur them on to question their trust and faith in Jesus? I wonder.

I wonder how I would have reacted if I was there. I probably would have been taken aback by Jesus' tone of voice and condemnation. At the same time, it does help me to pause and reflect on my own faith today. Do I take it for granted? Do I find my trust in God, or have I wavered from my desire to be God's faithful conduit of love and peace?

Look at a mustard seed (see the photo below). Jesus says that if you and I have faith the size of this tiny seed, we can do so much more than we might imagine. It is a reminder to me to pray in gratitude for my faith and to ask God for the graces I need to grow in my faith.

Mighty Seed of Faith

O tiny seed of faith, may I nurture you in my daily prayers and activities. Let me not forget to "water" my faith through the gift of myself in your service.

O tiny seed of faith, may I root out all that impedes your growth in Christ. Let me tend to the garden of my heart where your grace alights each day.

O tiny seed of faith, may I spread across the fields of plenty, nurturing the faith that abounds in my brothers and sisters and enabling the flourishing of all your beautiful creation.



“Mustard seed locket” by Vehement Romantic is licensed under CC BY 2.0.
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For Pondering

- When you take in the words, “if you only had the faith of a mustard seed,” where does your reflection take you?

- How might you nurture your own faith?
 - What enables you to grow more deeply in your faith and love for the Beloved?
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For Prayer

*O God who has blessed us with our faith,
let us not take it for granted.
May we seek paths that lead to our life in you
that grows deeper day by day.
Amen.*

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