

August 7, 2025

Daily Reflections



WHO DO YOU SAY THAT I AM?

By Sister Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

Jesus went into the region of Caesarea Philippi, and he asked his disciples, "Who do people say that the Son of Man is?" They replied, "Some say John the Baptist, others Elijah, still others Jeremiah or one of the prophets." He said to them, "But who do you say that I am?" Simon Peter said in reply, "You are the Christ, the Son of the living God." Jesus said to him in reply, "Blessed are you, Simon son of Jonah. For flesh and blood has not revealed this to you, but my heavenly Father. And so, I say to you, you are Peter, and upon this rock I will build my Church, and the gates of the netherworld shall not prevail against it. I will give you the keys to the Kingdom of heaven. Whatever you bind on earth shall be bound in heaven; and whatever you loose on earth shall be loosed in heaven."

MATTHEW 16:13-19

Reflection

This passage always causes me to pause because it prompts me to think deeply about how I would respond to Jesus. So often in the scriptures, Peter gets it wrong. In this moment, he answers so clearly and concisely, “You are the Christ, the Son of the living God” and I want to cheer him on! He gets it! Do we?

Jesus goes on to say that “upon this rock, Peter, I will build my Church.” Can you imagine Peter trying to take these words in? It is an important moment because we understand Jesus’ identity and that of the Church. For Catholics, this is the foundation of the papacy and the visible unity of the Church.

Through scripture, we come to know the disciples and their limitations. It enables us who are followers today not to lose heart. We are human and we will make mistakes. The important part is turn back to God, seek forgiveness and reconciliation, and embrace the call to live holy and courageous lives.



Photo by Dominique Devroye

For Pondering

- How do you answer the question from Jesus, “Who do you say that I am?”

- How are you a part of building up the Church in your life?

For Prayer

*In our strengths and limitations,
let us continue to build up the Church
through the gifts and talents we've been given.
May we continue to deepen our lived response to Jesus' question
in our own lives.
Amen.*

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