

July 7, 2025

Daily Reflections



HEALING GOD

By Sister Jayne Helmlinger, CSJ

Today's Gospel

While Jesus was speaking, an official came forward, knelt down before him, and said, "My daughter has just died. But come, lay your hand on her, and she will live." Jesus rose and followed him, and so did his disciples. A woman suffering hemorrhages for twelve years came up behind him and touched the tassel on his cloak. She said to herself, "If only I can touch his cloak, I shall be cured." Jesus turned around and saw her, and said, "Courage, daughter! Your faith has saved you." And from that hour the woman was cured.

When Jesus arrived at the official's house and saw the flute players and the crowd who were making a commotion, he said, "Go away! The girl is not dead but sleeping." And they ridiculed him. When the crowd was put out, he came and took her by the hand, and the little girl arose. And news of this spread throughout all that land.

MATTHEW 9:18-26

Reflection

These two healing stories are full of hope and speak to the tenderness and love Jesus has for those who suffer. In this first story, the faith of this “official” is inspiring. He believes that by Jesus simply touching his daughter, she can be healed. What I take from this account is the courage this man had in approaching Jesus and clearly letting Jesus know what he was asking of him. It prompts the question – do I ask Jesus, directly, for what I need? It’s so basic; yet how often do we set aside what I really want to ask of God?

In the second healing story of the hemorrhaging woman, while she doesn’t speak to Jesus, she believes that simply by touching his cloak she will be healed. Again, such strong and convincing faith to act on her belief in Jesus. I love what Jesus says to this woman: “Courage, daughter, your faith has saved you.” I wonder if Jesus is waiting for each of us to act upon our faith in ways that can help others, as well as ourselves.

Jesus, Heal Me

O God of infinite love, heal the wounds that lie deep within.
Let my heart not be troubled by words or actions that cause harm.

O God of spiritual peace, may I turn to you in times of need,
assured that you will answer me and nurture my soul.

O God of mental and physical healing, I pray for the known and
unknown healing I need in body, mind, and spirit.



Image created by Sr. Jayne Helmlinger, CSJ

For Pondering

- Which story of healing from today's gospel speaks to you? Why?
 - What might need healing in you this day (in body, mind, or spirit)?
 - Pray for anyone you know who needs God's healing presence in their life.
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For Prayer

*O gentle, healing God,
we pray for all who suffer in body, mind, or spirit.
May your tender love and presence
bring a sense of peace and gentleness to their lives.
May we be conduits of healing as we move throughout this day.
Amen.*

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