

March 13, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

GRACIOUS AND MERCIFUL GOD!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm and An Excerpt from the Gospel

The Lord is gracious and merciful.

The LORD is gracious and merciful, slow to anger and of great kindness.

The LORD is good to all and compassionate toward all his works.

The LORD is faithful in all his words and holy in all his works.

The LORD lifts up all who are falling and raises up all who are bowed down.

The LORD is just in all his ways and holy in all his works.

The LORD is near to all who call upon him, to all who call upon him in truth.

PSALM 145:8-9, 13cd-14, 17-18

Jesus answered and said to them, "Amen, amen, I say to you, the Son cannot do anything on his own, but only what he sees the Father doing; for what he

does, the Son will do also. For the Father loves the Son and shows him everything that he himself does, and he will show him greater works than these, so that you may be amazed. ... For just as the Father has life in himself, so also, he gave to the Son the possession of life in himself. And he gave him power to exercise judgment because he is the Son of Man."

JOHN 5:19-20; 26-27

Reflection

The psalm is a poignant one because it is a gentle reminder that God is gracious and merciful, kind and compassionate. God is faithful in all his words and holy in his works. This simple, yet profound passage is one that contains an important lesson for us. What do our words say about what we carry in our hearts? How might our works lean more strongly toward the holy? The psalm ends with words that overflow with God's infinite love for his creation; "The Lord is near to all who call upon him, to all who call upon him in truth." Our response is to call upon God at all times.

The gospel for today reminds us that the Pharisees equated God with strict adherence to the law. Jesus brought love, kindness, forgiveness, and compassion, noting that these virtues are what ought to inform and guide our lives. This message, coupled with the psalm, speak to the unity of the Father and Son. What Jesus says and does reveals the Father. What we say and do reveals our belief in God and the discipleship we desire to embody. Let us take stock of how we are living our lives and how we allow God to work in and through us.



For Pondering

Select a virtue you would like to pray for today (or tomorrow). What would practicing this virtue look and feel like for you? (You could choose one that is mentioned in today's readings: love, kindness, forgiveness, compassion, unity, or mercy.)

For Prayer

*O God who continually graces his people,
may we be mindful of the virtues embodied by Jesus
that we wish to embrace.
May our presence be gentle, and our dispositions be joyful
as this day unfolds.
Amen.*

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