

May 19, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

LISTEN AND REMEMBER

By Alicia Rodriguez

Today's Gospel Acclamation

"The Holy Spirit will teach you everything and remind you of all I told you."

JOHN 14:26

Reflection

Today's gospel acclamation invites us to listen as the Holy Spirit reminds us of all that Jesus has taught us. For some that may be easy, but for those who are like me, it can be hard sometimes to listen -- especially when the noise of life becomes too overwhelming.

I remember one of the first lessons that I ever learned in life. I was about 5 years old and was hovering near the stove while my dad made dinner. I recall him telling me several times not to touch the stove because I would get burned. As a 5-year-old who had never gotten burned, I had no idea what he meant by

that word. Curious to find out what the word 'burned' meant, I waited until my dad turned his back on me and then placed my thumb on the stove. Well, let's just say that I was instantly illuminated by newfound knowledge. Of course I cried and I got a blister and made my poor father panic, but I learned a lesson that I would never forget. To this day, I remember that lesson whenever I am cooking and see the flames.

I feel that at times, the Holy Spirit must go to such lengths to teach me a lesson that will bring me closer to God and remember the teachings of Jesus. Nowadays, as an adult, the lessons come in the way of lending an ear to a friend in need or providing comfort to those that are in a place of deep sadness. I have been through trials in life that have molded and shaped me into a more understanding person. Through these trials, the Holy Spirit has taught me to be patient with the wounders, because they too have been wounded. I have learned that love really does conquer all and have seen the most incredible transformations of people who were once bullies and changed their ways when a little bit of love and compassion was shown to them.

Through the Holy Spirit I have learned how to be courageous and open-minded. I have learnt that there are no limits to how God can use me -- and I have also learned that God takes our failures and transforms them into new beginnings.



Flames and Embers
Photo by Alicia Rodriguez

For Pondering

Ask yourself:

- What are some of the lessons that the Holy Spirit has given me? What did I learn? How did this remind me of God's teachings?
 - What are some ways I can practice listening to what the Holy Spirit has to say?
-

For Prayer

*Come, Holy Spirit, fill the hearts of your faithful
And kindle in them the fire of your love.
Send forth your Spirit and they shall be created
And you will renew the face of the earth.*

*Lord,
by the light of the Holy Spirit
you have taught the hearts of your faithful.
In the same Spirit
help us to relish what is right
and always rejoice in your consolation.
We ask this through Christ our Lord.
Amen.*

THE ENGLISH TRANSLATION OF THE PRAYER TO THE HOLY SPIRIT FROM *A BOOK OF PRAYERS*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



[Visit Website](#)

[714-744-3172](tel:714-744-3172)

[Join Mailing
List](#)



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)