

October 17, 2024

Daily Reflections



Center for Spiritual Development

BELOVED-NESS IN GOD

By Sr. Bernie Inocencio, CSJ

For Reading

*“Blessed be the God and Father of our Lord Jesus Christ, who has **blessed us in Christ with every spiritual blessing in the heavens**, as he **chose us in him**, before the foundation of the world, to be **holy and without blemish before him**. In love he destined us for adoption to himself through Jesus Christ.”*

EPHESIANS 1:3-5

*“But to **those who did accept him** he gave power to become children of God, to those who believe in his name.”*

JOHN 1:12

*“**See what love the Father has bestowed on us that we may be called the children of God.**”*

1 JOHN 3:1

*“You have to celebrate your chosen-ness constantly. This means saying ‘thank you’ to God for having chosen you, and ‘thank you’ to all who remind you of your chosen-ness. **Gratitude** is the most fruitful way of deepening your consciousness that **you are not an ‘accident’, but a divine choice.**”*

HENRI J.M. NOUWEN, LIFE OF THE BELOVED: SPIRITUAL LIVING IN A SECULAR WORLD

Reflection

God the Father made his salvation known in Christ Jesus. In Jesus ALL have been redeemed and ALL obtained forgiveness of sins. In Jesus ALL secured adoption and ALL have been blessed lavishly with every spiritual blessing in the heavens, as he chose us in him, before the foundation of the world. In Jesus we became children of God. Within us, there is that voice that always says: You are my beloved!

Read the preceding words one more time. How do they make you feel?

Redeemed?

Adopted?

Blessed lavishly?

Chosen?

Child of God?

Jesus **merited for us** our beloved-ness in God.

We have been given every spiritual blessing.

We ought to embrace the beloved-ness

Jesus has gained for us and

be grateful for it.

Listen to God's voice and word.

Keep your **eyes on God**

who invites and challenges us at the dawn of each day

to look at things with fresh eyes and open minds

and see how we are loved.

Keep in mind that we are beloved by God.

Like a sparrow that rests in the shade of a bush,

Let us **rest in the arms of the God that loves us**

And blesses us each moment of our lives.



God's eye is in the sparrow
Photo by Sr. Bernie Inocencio, CSJ

For Pondering

- As God's beloved and chosen child, how do you think God sees you? What does that awareness of being chosen lead you to do?

- With the knowledge that each one of us is beloved in God's eyes, how do you see others?
 - Knowing you are blessed lavishly *with every spiritual blessing*, what is God inviting you to pray and work for? How do you respond to God's invitation? If each one of us shares those blessings with each other, what kind of world will we make?
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For Prayer

*Father in heaven, you are holy.
You have chosen me before the foundation of the world.
You love me from the beginning of time.
You love me not because I deserve it
but because You are Good.
I thank you.
Help me to trust in you,
to accept your love,
to remember that you blessed me,
to love you dearly.
Teach me to take my beloved-ness
And give it to others,
for it is in giving that our humanity blooms and flourishes.
Amen.*

Meet the Authors

**Join us Sunday morning, October 27,
for a fun gathering with the writers of our Daily Reflections!**

Learn how each writer decides on the format and content of their reflections, how writing reflections impacts their own spiritual lives, and how YOU can create reflections for yourself and the people you care about. A light brunch buffet will be served.

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