

November 14, 2025

Daily Reflections



BY DAY AND BY NIGHT

By Alicia Rodriguez

An Excerpt from Today's Responsorial Psalm

*Day unto day pours forth speech;
night unto night whispers knowledge.*

PSALM 19:3

Reflection

It is a well known fact that not much sleep is had at my home. My mother is an insomniac and my siblings and I are known as night owls. We enjoy the quiet darkness of the night and do some of our best work at night. My dad, on the other hand, is a morning person and has absolutely no problem falling asleep anywhere. He is the extrovert in the family and enjoys striking up new conversations. This excerpt from the psalm reminded me of the different dynamics at home.

Often, I find myself thinking a lot before going to bed and thus staying up longer than I anticipated. Sometimes I think about random things, and at other times I think about life's difficult questions. I do all of this thinking as a form of prayer, running my wild or serious questions and ideas to the Lord and waiting for an inkling of what I should and shouldn't do. Sometimes I laugh and wonder what the Lord thinks of some of my more random and comical ideas. I wonder if the Creator is tickled by my suggestions as much as I am.

Although the night tends to be quiet, I usually have more than one idea at a time going on in my head that makes it hard to hear what God has to say. In those moments I pray that he sends someone to deliver the message to me in a more direct way. This usually happens during the day when I am interacting with others. Sometimes it's a small phrase or gesture that provides me with an answer to one of the things I had been praying about the night before, and sometimes that answer is a simple "yes" or "no" that someone gives me.



Malibu Creek State Park, CA
Photo by Alicia Rodriguez

For Pondering

Ask yourself:

- Do I hear the voice of God during the day? Or by night?
 - What are some conversations I can take to God in the quietness of the night?
 - How can I be God's form of communication to others during the day?
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For Prayer

Seek to know the inner, hidden moments of God's heart.

MAXIM 27

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