

April 7, 2025

# Daily Reflections

*Journeying through Lent*



Center for Spiritual Development

## LIGHT OF THE WORLD!

By Sr. Jayne Helmlinger, CSJ

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### Excerpts from Today's Readings

*The LORD is my shepherd; I shall not want. In verdant pastures he gives me repose;*

*Beside restful waters he leads me; he refreshes my soul.*

*He guides me in right paths for his name's sake. Even though I walk in the dark valley*

*I fear no evil; for you are at my side With your rod and your staff that give me courage.*

*You spread the table before me in the sight of my foes.*

*You anoint my head with oil, my cup overflows.*

**PSALM 23:1-3A, 3B-4, 5**

*"I am the light of the world. Whoever follows me will not walk in darkness but*

*will have the light of life.”*

**JOHN 8:12**

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## Reflection

In the first reading from Daniel, the story of the false accusation against Susanna is recounted. Daniel, a young boy, rose to her defense and used his intelligence to defend Susanna. Recalling yesterday's gospel, where Jesus used the power of posing a question to counter the threat of death for the woman caught in adultery, Daniel uses a question to catch the two accusers in their lies. Both of these passages from scripture are wonderful reminders for us to think first rather than strike out in uncontrolled vengeance for any real or perceived threats against us or others.

This passage is followed by Psalm 23, a psalm full of imagery and beauty, reminding us that while evil exists in our world, it does not need to overwhelm us. The first stanza, “The Lord is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul” is one that each of us can take in and allow the words to settle deep within ourselves. The weeks of Lent can sometimes become heavy and feel burdensome. This Psalm is like an oasis in the desert, refreshing our souls and renewing our spirits as we continue on this journey of Lent.

In John's gospel, we are reminded that Jesus is the light of the world, and as followers, we will not walk in darkness, but in light. This is followed by an important sentence that communicates that we “know where we come from and where we are going.” While Jesus is referring to himself and his Father, we can insert ourselves into this scripture by knowing that we are disciples of Christ and thus a part of God's light.

It prompts the question: how are we light in this world? From the first reading, we are warned about giving false judgement against others; if we do, we find ourselves in darkness. In the responsorial psalm, we know that evil is a part of this world and how we respond will determine if we remain in the light of God.

This journey of Lent enables us to probe our own lives and see with the eyes of our Beloved where we stray into the darkness of sin. Let us be people of the light, not casting stones and accusations in our wake; rather, walking in humility, justice, and peace.

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Spectacular Sunrise Over the Planet Horizon  
Image by Zelch Csaba

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## For Pondering

- How has darkness crept into your life? How have you found your way back into the light?
  - How has the temptation to cast stones at others been countered by your walk of faith?
  - How might you be light to the world as you go about your day?
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## For Prayer

*O God of the Light,  
may we remain in your light no matter that pull of darkness and evil  
that persists in this world.*

*May our presence this day be gentle  
and filled with inclusive love.*

*Amen.*

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