

May 11, 2025

Daily Reflections

Journeying through Easter



Center for Spiritual Development

HOLY LISTENING

By Sr. Jane DeLisle, CSJ

Today's Gospel

Jesus said:

“My sheep hear my voice;

I know them, and they follow me.

I give them eternal life, and they shall never perish.

No one can take them out of my hand.

*My Father, who has given them to me, is greater than all,
and no one can take them out of my Father's hand.*

The Father and I are One.”

JOHN 10:27-30

Reflection

As I reflected on today's gospel, I was taken by two lines. The first is “My sheep

hear my voice.” And the second seems to demonstrate how Jesus himself listened to the father: **“The Father and I are One.”** The only way to be One with God is to listen deeply to the voice of God and to live seeking God’s abiding presence amid the ordinary. My desire is to listen carefully, ponder for understanding, and live in fidelity to the Word within my daily life.

The Sacred Scriptures ask us to **listen or hear** at least once in 44 of the Bible’s 66 books. **“Listen”** is found 331 times, and **“Hear”** is found 347 times. Jesus also admonishes us to listen six times in the synoptic gospels and seven times in the book of Revelation.

Attentive listening takes practice, lots of practice. Hearing takes discernment for the truth. To listen deeply is to be still, silent, alert to the deeper meaning of what is heard. In our world, this skill is sorely needed, along with discerning truth, acting rightly for the good of all, and recognizing that which fosters life and the dignity of all people and creation. (As opposed to that which divides, denigrates and denies the concern for the dear neighbor.)

When I was a young teenager, my Mom pointed out that I often would ask her opinion and then ignore her and do what I wanted. It was a moment of awareness that has stayed with me. “Why ask if I am not willing to listen?” I had to learn to listen carefully and act for the good, while moving away from my self-centered ways.

The poet Rumi shares wisdom with us: *“I have been a seeker and I still am, but I stopped asking the books and the stars. I started listening to the teaching of my Soul.”* I am still learning to hear the voice of God in the cry of those who suffer, in songs, and challenging scriptures that cause me to rethink my attitude and to ponder their meaning for my life. I pray to allow the Word to influence my whole manner of being and acting to benefit the needs of others and for the common good.

Yes, I am still learning to listen deeply and apply what I am hearing to my life in God. This means attending to the nudges, slight hints, and discomforts that challenge my thinking and hidden motivation, and urge me to be more inclusive, forgiving, generous, receptive, and curious about all that stretches me beyond my comfort zone. I want to hear God’s voice and be faithful to the graces given to me in deep listening and pondering what is of God. Perhaps one day I, too, can say *“The Father and I are One.”* **What about you?**



Shepherd in Kells-Gleensk, Ireland
Photo by Sister Jane DeLisle, CSJ

For Pondering

You, too, have many voices influencing you.

- Who or what calls you to fidelity to God's ways?
 - How do you discern the voice of God?
-

For Pondering

*Loving and Gracious God,
please make me an attentive listener,
curious to hear what you have to say to me.*

*As I hear your voice, through your Word,
through general revelation, and through your Spirit,
make my heart beat more regularly to the rhythm of your grace and glory.
In the name of the Word-Made-Flesh, Jesus our Savior.
Amen.*

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