

July 17, 2025

Daily Reflections



COME AND REST

By Sister Jane DeLisle, CSJ

Today's Gospel

Jesus said:

*“Come to me, all you who labor and are burdened,
and I will give you rest.*

*Take my yoke upon you and learn from me,
for I am meek and humble of heart;
and you will find rest for yourselves.
For my yoke is easy, and my burden light.”*

MATTHEW 11:2

Reflection

Recently, I was on “a treadmill” of ministry engagements. The month of June was spent in ministry: giving retreats, teaching classes, and sharing the story of

the Sisters of St. Joseph in the 375th year of our life of ***“bringing people together and bringing them to God.”*** All was worthwhile, life-giving, enjoyable, engaging, and fun! I met wonderful people who reflected God’s great love by their presence and involvement.

Still, by the end of June, I was bone tired and spent! All for the good. I tell myself not to book so tightly, but every now and again, opportunities come in a bunch. The scripture today is most inviting, and offers rest, renewal, reflection, and silence to simply BE, held in God’s abiding love and presence. I have found rest for my soul, mind, and body.

The invitation to come and rest, leaning on the heart of God in all humility and gratitude, is always open. God’s yoke of ministry “is easy,” gratifying, challenging, and life-giving ... and must be approached with humble zeal. AND it is essential that I am grounded in God’s loving presence to be nourished, replenished, and re-centered in God. It is God’s work I do, and God’s work can only be done in, with, and through the Spirit of God at work in me and in those I encounter each day. It is right and good to stop and find rest in God’s presence. In resting in God, I ponder the countless blessings received and come to see as God sees. I remember that it is God’s Spirit that flows through me as I encounter God’s Spirit in the other. All is gift of God’s great love. Then I am more conscious that God is at work in me, loving, blessing, and showing me the way.

Physical and spiritual rest enable me to be restored and filled with God’s grace and abundant love. Only then am I free to pour out what I have received for the sake of the dear neighbor, drawing all into God’s embrace.



San Juan Capistrano Butterfly
Photo by Alicia Rodriguez

For Pondering

Ask yourself:

- When, where and how do I find rest in God to be restored and renewed?

- What blessings have I received from those whom I serve and encounter along the way?
 - For what and for whom am I grateful? What and whom do I bring to God to be blessed?
-

For Prayer

The Well is Deep

*The well of God's great love dwells within me
I drink deeply from the Well of God
I can do all things in God who strengthens me
I desire to drink deeply of God's abiding presence*

*I drink deeply of the well of God
Living water flows freely
I desire to drink deeply of God's abiding presence
Love that will never let me go*

*Living water flows freely
Loving encounter, abiding presence, refreshing grace
Love that will never let me go
Drink deeply, my soul*

*Loving encounter, abiding presence, refreshing grace
The well of God's great love dwells within me
Drink deeply, my soul
I can do all things in God who strengthens me*

SISTER JANE DELISLE, CSJ

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](#)