

January 16, 2025

Daily Reflections



NO TIME LIKE THE PRESENT

By Elisabeth Beall

From Today's First Reading

Encourage yourselves daily while it is still “today” ...

HEBREWS 3:13

Reflection

The New Year is such a powerful time to reflect on what has passed and plan for what we would like to see come into fruition. Perhaps many readers of today's reflection have set resolutions or goals for themselves that they hope to achieve this year. In my own family, many members are focused on major goals for the new year: a radical career change, a commitment to healthful practices to avoid frightening diagnoses, a refreshed focus on fostering relationship with God.

One of my family members has been downcast at the prospect of working toward her goal – it is overwhelming to dwell on necessary changes in her

habits, and depressing to consider that even with those changes, she may not get where she wants to go. She has a hard time focusing on the excitement of progressing toward her goal because she is so regretting the mistakes that have brought her to this challenging juncture.

It's an easy trap to fall into. Instead of enjoying the satisfaction of another day without a cigarette, an alcoholic drink, or a sugary snack, we could think instead that if only we'd established a few simple limitations earlier, we wouldn't be at the point we are now. Instead of celebrating the accomplishment of another pound lost, another book read, another paper written on the way to a certificate or degree, we mourn the time we squandered; if only we'd started earlier, we would have been so much closer to our goal now.

While today's First Reading does not explicitly address the challenge of lost time or working toward New Year's Resolutions, it does point out the need for persistence and consistency in aiming toward what is most important in our lives. We must encourage ourselves to look toward God, to take the right path, to continue striving – and we must encourage those around us to do the same.

BE THE
CHANGE
YOU WANT
TO SEE



Hand Lettering Using Black Ink

Photo by Polina Kovaleva

For Pondering

- As you move through your day, how can you encourage yourself? How can you encourage the people you work with, pray with, live with, and walk with?
 - How can you use your mistakes to propel you back onto the right path? Pray for guidance as you strike a balance between reflecting on the past ... and dwelling in it.
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For Prayer

Read this verse from 1 Corinthians 3 silently, then out loud. Consider writing it on a piece of paper that you keep at your desk, on your nightstand, or anywhere you can see it frequently. Speak the words out loud when you find yourself in need of encouragement.

*Do you not know that you are the temple of God,
and that the Spirit of God dwells in you?*

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