

Daily Reflections



SCARCITY AND ABUNDANCE

By Sister Katherine "Kit" Gray, CSJ

Introduction

A lot has been written about scarcity and abundance. A scarcity mindset is when someone believes there is not enough of something, whether it's time, resources, opportunities, or even love. By contrast, a person with an abundance mindset believes there is more than enough to go around for everyone, and that there are limitless possibilities and resources available.

People with a scarcity mindset tend to focus on what they don't have, what is missing, or what they might lose; they are often driven by fear of not having enough. Those who have an abundance mindset focus on what's available and possible.

A sense of scarcity can lead to impaired cognitive thinking because the brain is constantly stressed by the fear of not having enough and a sense of abundance can lead to increased happiness, resilience, and overall wellbeing.

Today's reading from Paul's second letter to the Corinthians is a continuation of his invitation to participate in a collection for the needs of Christians in Jerusalem (see Tuesday, June 17, 2025 reflection).

As you read, note the language of abundance.

Today's First Reading

Brothers and sisters, consider this:

whoever sows sparingly will also reap sparingly,

and whoever sows bountifully will also reap bountifully.

*Each must do as already determined, without sadness or compulsion,
for God loves a cheerful giver.*

*Moreover, God is able to make every grace abundant for you,
so that in all things, always having all you need,
you may have an abundance for every good work.*

As it is written:

*He scatters abroad, he gives to the poor;
his righteousness endures forever.*

*The one who supplies seed to the sower and bread for food
will supply and multiply your seed
and increase the harvest of your righteousness.*

*You are being enriched in every way for all generosity,
which through us produces thanksgiving to God.*

2 CORINTHIANS 9:6-11



A Sack Full of Seeds
Photo by Adrian Gomez

Reflection

I noticed these phrases:

- Whoever sows bountifully will also reap bountifully
 - God loves a cheerful giver
 - God is able to make every grace abundant for you
 - Having all you need, you may have an abundance for every good work
 - The one who supplies seed to the sower and bread for food will supply and multiply your seed
 - And increase the harvest of your righteousness
 - You are being enriched in every way for all generosity
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For Prayer

We Give Thanks

*For the expanding grandeur of creation, worlds known and unknown,
galaxies beyond galaxies, filling us with awe and challenging our
imaginations:*

For this fragile planet earth, its times and tides, its sunsets and seasons:

*For the joy of human life, its wonders and surprises, its hopes and
achievements:*

*For our human community, our common past and future hope, our oneness
transcending all separation, our capacity to work for peace and justice in the
midst of hostility and oppression:*

*For high hopes and noble causes, for faith without fanaticism, for
understanding of views not shared:*

*For all who have labored and suffered for a fairer world, who have lived so
that others might live in dignity and freedom:*

*For human liberty and sacred rites; for opportunities to change and grow, to
affirm and choose:*

*We pray that we may live not by our fears but by our hopes, not by our words
but by our deeds.*

O. EUGENE PICKETT

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