



Daily Reflections

FOR WHAT ARE YOU LOOKING?

By Sr. Jane DeLisle, CSJ

An Excerpt from Today's Gospel

Jesus turned and saw them following him and said to them,

“What are you looking for?”

They said to him, “Rabbi” (which translated means Teacher),

“where are you staying?”

He said to them, “Come, and you will see.”

So they went and saw where he was staying,

and they stayed with him that day.

JOHN 1:37-39

Reflection

I hit the jackpot of guidance this week, for each day's readings offered a good question to guide our way through the New Year. Today, I am asked what I am looking for. My response today could shape my direction in life as everything

seems to be changing around me.

I hope that what I am looking for flows from my deepest desire, union with God and unity among God's people and all of creation. I am searching for the ways of God to be alive and well in my life, and in all my relationships. I sense Hope on the horizon.

All too often, negativity, in-fighting, deception, self-centered approach seem to govern the day and the times. While all of this is real, I need to shelter my soul from such violence. Advent hope lingers in me and stirs the realization that there is also the good, the positive, there is room for light and hope that flows from compassion and mercy. Light and darkness co-exist. I am free to decide where to put my focus and my energy.

I am invited to live in adult spirituality that influences my vision and my choices. I seek to live in constant discernment sorting through "the spirits at work," those that draw me into deeper relationship with God, and those which are contrary and lead me away from God. I am aware of all that goes on around me of grace and despair.

I choose to **"come and see"** and remain in Jesus, who shows me the way to proceed, to refocus my vision, and to notice more than that which shouts the loudest. With God's abiding presence I steep myself in goodness, love, and kindness and all that reveals the nearness of God. With my spirit focused on all that is life-giving, I follow the desire to live in God. I remain true to God's ways which are **"to act justly, love tenderly, and walk humbly with God."** (*Micah 6:8*).



Sunset Wonder - Sedalia, CO
Photo by Sister Jane DeLisle, C SJ

For Pondering

- For what am I looking?
 - What are the ways that help me focus on all that brings life?
 - How do I keep my spirit-filled soul awake to God's desire for the good of all?
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For Prayer

*Lover of all souls,
help us enter the New Year joyfully,
willing to laugh and dance and dream,
remembering our many gifts with thanks
and looking forward to blessings yet to come.*

*May we welcome your lavish love.
May we cast off the small, vindictive god our fears have made.*

May the grace and peace of Christ bless us now and in the days ahead.

FROM "NEW YEAR PRAYER" BY VINITA HAMPTOM WRIGHT

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