

March 10, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

WE WILL NOT FORGET!

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to Nicodemus: "Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life." For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

JOHN 3:14-21

Reflection

The readings and psalm for today remind us of God's great love for his creation. The second reading from Ephesians foreshadows Jesus' death and resurrection, letting us know that through God's mercy and kindness, we are saved through our belief in Jesus as the Son of God.

This is followed by a similar message in John's gospel: "God so loved the world that he gave his only Son, so that all who believe in him will be saved through him." This passage goes on to speak of light and darkness, which raises questions for us to consider if we are light in this work or are we contributing to the darkness of sin and evil.

It is a sobering moment to reflect on our lives and what our lives are saying to others through our thoughts, words, and actions. We can do very ordinary things that contribute to bringing light into the world. We're not being asked to go to extraordinary lengths with our witness; we are being challenged to live lives that light the way for others who are struggling to find the light. We can be that glimmer of light and hope that someone else might need in order to find their way back to the fold.

The final sentence in John's scriptural passage for today states that our works may show others clearly that they are done in God. Our works of mercy and goodness are not for us; they are for those seeking the light and always point to God because it is through our faith in action that God's message can be more readily accessible to others. It is a clear reminder that it is not about us; it is about our desire to love as Jesus loved and live as Jesus lived.

We Will Not Forget!

O generous God of kindness and light, may we heed the messages of the psalmist and never forget the gift we've been given through Jesus.

O courageous Son, as the days of recalling your death and resurrection draw near, may our prayers recall your great sacrifice. May we be encouraged to sacrifice for others without counting the costs.

O God of mercy and love, may we never forget to be your light in the world through the lives we live each day. May we seek to live as people of the light.

O Son of infinite gift to us, may we follow in your footsteps with hearts open to what God asks of each of us. May we walk in faith, remembering that you are by our side.



Pradelles, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What has come to light within you during this season of Lent? How might you share what you have received more readily?
- How are mercy and kindness a consistent part of your faith journey? How

might you amplify these virtues in your life today?

For Prayer

*Saving God,
may we have the courage and grace to live as people of the light.
May we seek out those in need of tenderness and mercy
as Lent continues to unfold.
Amen.*

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