

June 15, 2024

Daily Reflections



Center for Spiritual Development

LET YOUR "YES" MEAN "YES!"

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to his disciples: "You have heard that it was said to our ancestors, Do not take a false oath, but make good to the Lord all that you vow. But I say to you, do not swear at all; not by heaven, for it is God's throne; nor by the earth, for it is his footstool; nor by Jerusalem, for it is the city of the great King. Do not swear by your head, for you cannot make a single hair white or black. Let your 'Yes' mean 'Yes,' and your 'No' mean 'No.' Anything more is from the evil one."

MATTHEW 5:33-37

Reflection

This scripture from Matthew's gospel can't be any more clear: mean what you say and say what you mean. This may sound easy, though I find it a bit of a slippery slope if I'm not careful.

Think about it: as a child, or perhaps as an adult, how often have you and I remained silent when holding a position that was different than the majority? The saying “go along to get along” comes to mind. Silence can be deadly as it can be mistaken for agreement when, internally, I’m not in agreement with what is being said.

In our world today, our silence can be deafening. How often do you and I confront racism when we see it? Are we willing to stand up for what we profess -- that God has created each one in his own image and likeness? Do we understand that in our silence -- when racism rears its ugly head -- we allow sin and violence to prevail?

To let my “yes” mean “yes” I must live the call of the gospel in its entirety. I cannot choose when and where to live my faith; it is a 365-days-a-year, 24-hours-a-day commitment. To mean “no” when I say “no” reveals my turning from sin in all its forms. It means standing firm in my beliefs and following in the footsteps of Jesus; for it is Jesus who modeled for us how to speak and live our “yes and no” authentically.



Butterfly Rests on Person's Thumb

For Pondering

- How do you interpret this saying of “let your ‘yes’ mean ‘yes’ and your ‘no’

mean 'no?'” Can you recall examples of this in your own life? What have you learned from either your “successes” or “failures?”

- What has been the impact on you or another, when you kept silent when your heart wanted you to speak? How have you reconciled the fallout of your silence?

For Prayer

*We pray for the courage and grace to live our yeses and nos
in faith and in love.*

*May our thoughts and actions be congruent
with our most deeply held beliefs.*

*And may we continue to walk justly and humbly with our God.
Amen.*

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