



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

FAITHFUL IN PRAYER

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading and Today's Gospel

Brothers and sisters: As you received Christ Jesus the Lord, walk in him, rooted in him and built upon him and established in the faith as you were taught, abounding in thanksgiving. See to it that no one captivate you with an empty, seductive philosophy according to the tradition of men, according to the elemental powers of the world and not according to Christ.

COLOSSIANS 2:6-8

Jesus departed to the mountain to pray, and he spent the night in prayer to God. When day came, he called his disciples to himself, and from them he chose Twelve, whom he also named Apostles: Simon, whom he named Peter, and his brother Andrew, James, John, Philip, Bartholomew, Matthew, Thomas, James the son of Alphaeus, Simon who was called a Zealot, and Judas the son of James, and Judas Iscariot, who became a traitor.

And he came down with them and stood on a stretch of level ground. A great crowd of his disciples and a large number of the people from all Judea and Jerusalem and the coastal region of Tyre and Sidon came to hear him and to be healed of their diseases; and even those who were tormented by unclean spirits were cured. Everyone in the crowd sought to touch him because power came forth from him and healed them all.

LUKE 6:12-19

Reflection

The readings speak to us today about discipleship and calling. In the first reading, St. Paul warns people to be wary of the deception that can overtake us if we stray from our desire to follow Jesus authentically.

In today's Gospel, we hear of Jesus departing to the mountains to pray. Throughout Luke's Gospel, we consistently learn that this is a common practice for Jesus – to seek solitude and a quiet time and place to pray. In our lives, while we might not go to the mountains to pray, we are called to a similar pattern where we consistently ground ourselves in prayer.

The final part of today's Gospel recounts the naming of the twelve disciples. Having spent time in prayer before naming and calling for the apostles, Jesus is modeling for us the importance of prayer and discernment before making important decisions in our own lives.



Solitude in the garden - Orange, CA
Photo by Alicia Rodriguez

Food for Our Lives

You call us into relationship, O loving God. Grant us the grace to come to prayer each day, ready to be with You.

Let our prayer be one of opening our hearts to sit quietly with You. May our presence be focused on You, the God of our desiring.

May our prayers lead us into loving service of the dear neighbor without distinction. May we joyfully enter in the vineyards of our lives.

For Pondering

- Reflect on your own prayer life and assess the consistency of prayer and how it influences your life.
- How often do you bring important decisions to prayer prior to finalizing them?
- Might there be something you want to change in your prayer practices that increases your consistency and presence?

For Prayer

*As we begin this day,
may we re-commit ourselves to the discipline of prayer.*

*May the tyranny of time,
which seems so normative in our lives,
not hinder our desire and time for prayer.*

We ask for the grace to persevere in our life of prayer and service.

Amen.

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