

February 7, 2025

Daily Reflections



THE LORD IS MY LIGHT!

By Sister Jayne Helmlinger, CSJ

Today's Responsorial Psalm

The Lord is my light and my salvation.

The Lord is my light and my salvation; whom should I fear? The Lord is my life's refuge; of whom should I be afraid?

Though an army encamp against me, my heart will not fear; Though war be waged upon me, even then will I trust.

For he will hide me in his abode in the day of trouble; He will conceal me in the shelter of his tent, he will set me high upon a rock.

Your presence, O LORD, I seek. Hide not your face from me; do not in anger repel your servant. You are my helper: cast me not off.

PSALM 27:1, 3, 5, 8b-9abc

Reflection

While the gospel today was about the beheading of John the Baptist, I chose to focus on today's Responsorial Psalm because it's a clear and direct message of where our lives need to be focused. I find myself in the depths of winter in Ohio as I write this reflection. The weeks are often cloudy and overcast, with the days of sunlight far and few between. The picture below was taken on one of those sunny, snowy days which can fill the soul with light and joy.

This is what I like about the change of seasons; it provides endless snapshots that easily lend themselves to metaphors of life. I chose today's picture because when I prayed the responsorial psalm, I was reminded of how those few, yet wonderful days of sun and snow speak so directly to my soul. Like the psalmist, I want to sing out my praise to the God of creation who paints a kaleidoscope of beauty through the elements of nature.

When I sense myself moving away from God, I often turn to nature to call me back and once again ground myself in the God who loves me. Whether I use my own words of praise, or choose a song or psalm to sing, I know that just seeing God's beauty invites me to express how I feel about my Beloved. Today's response, "The Lord is my light and salvation," beckons me to seek and live each day with this depth of understanding deep within me.

So Sings My Soul

O God of wonder and awe, the world is alive with the grandeur and beauty of your creation. May my life blend in harmony with the landscape I see before me.

Let us awaken from winter's slumber! May we enter fully into the unexpected twists and turns of this day. Our lives, yours and mine, are a part of God's beautiful design in the sacrament of this present moment.

Sing joyfully, O soul filled with life! Lift your voice to the One who continually plants seeds of faith, hope, and love in our hearts through the ordinariness of each passing day.



Sidney, Ohio

Photo by Sister Jayne Helmlinger, CSJ

For Pondering

- As you pray this responsorial psalm, what words or phrases capture your heart and mind? Stay with these and gently allow the Spirit's insight to awaken something new within you.
 - What other metaphors of life come to mind for you when you consider the four seasons of each year? Another way to reflect on the seasons is to ponder the seasons of your own life. What emerges within you?
-

For Prayer

*O God of beauty and awe,
may we pause throughout this day
and recognize the gift we have in nature.
May we see your gentle touch and creativity
in all that we see as the hours unfold before us.
May we gaze upon the beauty of all creation
and remind ourselves that all of life begins and ends in you.
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)