

January 14, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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THE LAW OF THE LORD IS LIVING AND EFFECTIVE

By Sister Christine Hilliard, CSJ

Responsorial Psalm

*The law of the LORD is perfect,
refreshing the soul;
The decree of the LORD is trustworthy,
giving wisdom to the simple.*

*The precepts of the LORD are right,
rejoicing the heart;
The command of the LORD is clear,
enlightening the eye.*

*The fear of the LORD is pure,
enduring forever;
The ordinances of the LORD are true,
all of them just.*

*Let the words of my mouth and the thought of my heart
find favor before you,
O LORD, my rock and my redeemer.*

PSALM 19:8, 9, 10, 15

Reflection

A bit of Bible trivia: Psalm 19 is the longest psalm in the Book of Psalms. The first six verses are a creation poem while verses 7-14 are a psalm on the *torah* or Divine instruction. The remaining verses are a prayer for openness [not included here].

Notice the understanding of “law”/“decree”/“precepts” is not oppressive; rather, it is “refreshing” and “trustworthy” and cause for “rejoicing.” The LORD’s instruction frees and produces joy. What God teaches and how God teaches opens us up to creation and the Creator and we become more ourselves. The prayer that results speaks of God as a protector/“rock” and liberator/“redeemer.” Living out the *torah* confirms God’s powerful care for us.



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For Pondering

- Which phrase about the *torah* stands out for you? Compose a short prayer using the words of the phrase. Repeat the prayer a few times today.
- In what ways does the *torah*/instruction of God guide you?
- In what ways is *torah* a gift from God to us? How does it impact our life with each other?

For Prayer

O LORD, my teacher, as I learn life from your instruction, I ask that you refresh my soul, give me wisdom, joy, and endurance so I may recognize you sustaining my life and the lives of all who around me. As I live out your torah may I find you, my rock and redeemer. Amen.

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