

February 18, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

REPENT AND BELIEVE IN THE GOSPEL!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm and Gospel

Your ways, O Lord, are love and truth to those who keep your covenant.

Your ways, O LORD, make known to me; teach me your paths, Guide me in your truth and teach me, for you are God my savior.

Remember that your compassion, O LORD, and your love are from of old. In your kindness remember me, because of your goodness, O LORD.

Good and upright is the LORD, thus he shows sinners the way. He guides the humble to justice, and he teaches the humble his way.

PSALM 25:4-5, 6-7, 8-9

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee

proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

MARK 1:12-15

Reflection

As we begin this season of Lent, may our desire to till the soil of the scriptures allow God's revealing wisdom to touch our lives and guide us in the coming weeks. This time of Lent invites us to reflect on our life commitments, our ability to live the faith we profess, and walk with Jesus by pondering his life.

I opted to include today's responsorial psalm because it speaks to how we want our own discipleship to be lived each day – following Jesus' life of love and truth and calling to mind the covenant between God and all of his creations.

Beginning Lent with reading how the Spirit drove Jesus out into the desert is an invitation for each of us to do the same. It is a time to go into the desert, into the wilderness of our own lives, and delve into the mysteries of life itself. Do we have the courage to seek the desert, a place that can seem barren and lifeless? Do we seek to uncover what needs healing and redemption in our lives? It is helpful to remember that deserts are full of life and can provide a place where distractions are limited. Like Jesus, the Spirit will be with us as we walk in the desert of our lives.

Where are the desert places in our own lives? How might these places reveal the stories within us at this moment in time? Where is God calling each of us? Perhaps there are my struggles in my prayer life or in my relationship with God. How might reflecting on the promise of the covenant provide a stronger foundation to look deeper into our life story? What might we find in this desert walk of life that can inform and shed light on areas needing the waters of the Spirit?

I find the sentence "He was among the wild beasts, and the angels ministered to him" somewhat perplexing. Sometimes when I read this, I find myself muttering – I don't have angels ministering to me! Not so fast! Who in my life are those angels who provide friendship, encouragement, companionship, and presence? Who in my life will venture into the desert times of life with me? I find a sense of resilience knowing that the angels in my life are real people whom I can count on when needed.

And yet I find Lent a time of solitude, quiet, and inner seeking where I can gently see those areas of my life that need water, shade, or space for the desert flowers to bloom. It is a time of coming to God in the center of my being, in a

vulnerable and open way, that allows God's grace to alight anew within me. It is a time of reflecting on the courage of Jesus, his "yes" to the mission given to him by God.

My hope is that all of us do not squander this sacred time of Lent where we walk and journey with Jesus through his trials and tribulations, betrayals, pain, and ultimately his crucifixion. By doing so, his story intersects our own stories if we are open to it. We come to a deeper sense of the gift we've been given in Jesus. We take stock of our own areas of sinfulness and pray for the strength to walk this path of discipleship with integrity and authenticity. Let us move into Lent with a willingness to go to the deserts of our own lives and find God there.



Arid desert landscape
Photo from Pexels by Pixabay

For Pondering

- As you enter into Lent, how prepared are you to follow Jesus into the desert?
- What or where are the deserts in your life and how might they point to places in your faith journey that need attention?
- What are the prayers you bring with you on your Lenten journey this year?

For Prayer

*O God,
we pray for the desire to enter into this Lenten Season
with humbleness and a desire to listen deeply
to what is revealed through your Word.
May we seek forgiveness where forgiveness is needed,
and may we companion others as we journey together in the weeks ahead.
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 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

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

Sent by thecsd@csjorange.org