

October 20, 2025

Daily Reflections



Center for
Spiritual
Development

“BE CONFIDENT IN GOD’S PROMISES!”

By Sister Jane DeLisle, CSJ

An Excerpt from Today's First Reading

Brothers and sisters:

*Abraham did not doubt God's promise in unbelief;
rather, he was empowered by faith and gave glory to God
and was fully convinced that what God had promised
he was also able to do.*

ROMANS 4:20-21

Reflection

When I was a child, making a promise was important for my siblings and my friends. Sometimes we would “pinky shake” as pledge of a promise. Saying “cross my heart” would confirm the seriousness of a promise. On TV I saw cowboys spitting into their palms and shaking hands, solidifying their word. In

any case, promises were meant to be kept and taken seriously. “My word is my bond!”

It is no wonder that the reading from Romans drew me into reflection on God’s promises. The Sacred Scriptures are filled with references to God’s promises to one person, or a whole people. God’s promises encompass a broad range of assurances, including love, provision, protection, presence, and eternal life. God’s word is true and carries constant fidelity.

Today’s reading from Romans refers to the Hebrew Testament recalling Abraham’s confidence in the promise made to him by God -- that he would be the Father of many children, as numerous as the stars. He believed in God’s promise, though Abraham and Sarah were childless. It was God who spoke and promised, so Abraham had confidence that in a marvelous, though mysterious, way he would be a father beyond his dreams. He trusted that God’s word was true and, by God’s design, Abraham would be able to live out God’s promise to him.

I also recalled the words of St. Luke 1:45, “Blessed is she who believed that the Lord would fulfill his promises to her.” Mary was with child by the overshadowing of Holy Spirit, and this child was holy -- the Son of God (Lk 1:35). This promise of God changed the life of Mary, Joseph, and the entire world forever. Blessed are we who believe the promises made by God will be fulfilled.

In my own life, God’s faithful love and abiding presence permeate my own story through the difficulties of my life. Looking back, God’s goodness is always running after me. I am grateful for the gift of faith and for the supreme blessing of being in relationship with God, whose promises are fulfilled in me. When I get distracted, drift away, or get lost, God waits patiently for my return, as I am loved into life repeatedly. God’s Word, God’s promises, are true, “cross my heart.”



Photo by Devonyu

For Pondering

- How did you learn to trust God's promise to you?
- Trace the pattern of God's abiding, loving presence in your life.
- For what are you most grateful?
- For what do you need reassurance, protection, presence at this time that would strengthen your faith in God's promises?

For Prayer

*Gracious God of Life and Promise,
I come before You with a heart full of hope and trust.
You are the God of steadfast love,
and Your promises are unshakable and true.
In moments of doubt or fear, remind me of your faithfulness
throughout the ages.*

*Help me to stand firm, knowing that your Word never fails.
Thank you for your unfailing love
and the assurance that you are always with me.
I place my trust in you, Lord, and I rest in the truth of your promises.
In Jesus' name, I pray.
Amen.*

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