

November 28, 2025

Daily Reflections



Center for
Spiritual
Development

COMPANIONS ON THE JOURNEY

By Sister Jane DeLisle, CSJ

A Quote

*“May you always be open, willing,
and ready to share your blessings with others.”*

JOYCE RUPP

Reflection

Thanksgiving Day is a short-lived event with leftovers for the next day. But thanksgiving is an essential attitude of a life well lived! Let us rejoice in and share our blessings with others as we remain open to the gift of presence they offer in return.

In this season of Gratitude, there are so many blessings for which to give thanks and praise to God. You, our readers of the Daily Reflection, are

embraced in the welling-up of heartfelt gratitude. You are a blessing of God's great love for whom we, at the Center for Spiritual Development, give thanks and praise to God. In this light, I offer the following prayerful reflection for this season of Thanksgiving.

In God's wisdom, life is lived in community. People spice and season our days. I have come to believe that God loans companions to us to brighten our lives, challenge the demands of our personality, and help us grow. Some stay for a long, long time, while others stay only briefly, assisting or challenging or loving us uniquely. In all the encounters, I often catch a glimpse of God's presence to remind me that God is with me to shape and expand my living. In gratitude, I remember and explore the impressions they have left on my heart, leaving me changed and enriched.

Try to answer the following questions as a help to reflect and give thanks for the daily blessings in your life that often come through the people who walk with us in a variety of ways.

- Who taught you about God and opened the way to a personal relationship with God?
- Who have been the mentors or guides along your journey, loving you into being more of who you are created to be?
- Who encouraged you to develop and use your gifts, to step out in new avenues of life and ministry?



Photo by Sister Jane DeLisle, CSJ

For Pondering

- Allow your mind and heart to discover more than a few significant people who have nurtured and inspired you to grow and share your best self these many years.

- In some manner, let them know their importance, whether they are still with you or they are in God's embrace.

For Prayer

*We rejoice and give thanks to you, Loving God,
for the blessing of family, friendship, and companions on the journey.*

*May each person who has graced my life in joy or sorrow,
in affirmation or challenge,*

be given every blessing only you know they need.

*I praise and thank you for your indwelling presence in me
and in all of humanity.*

Awaken me to your loving presence in each person I meet.

May my heart acknowledge more deeply all for which I am grateful.

All Honor, Glory, and Praise be Yours.

Amen.

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