

March 5, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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CALL TO HOLINESS

By Sister Jayne Helmlinger, CSJ

Today's Second Reading

*Beloved: Bear your share of hardship for the gospel
with the strength that comes from God.*

*He saved us and called us to a holy life,
not according to our works
but according to his own design
and the grace bestowed on us in Christ Jesus before time began,
but now made manifest through the appearance
of our savior Christ Jesus,
who destroyed death and brought life and immortality
to light through the gospel.*

2 TIMOTHY 1:8b-10

Reflection

As I reflected on today's second reading, I was stuck by the following words: "... He saved us and called us to a holy life, not according to our works but according to his own design."

What is a holy life? I jotted down a few words that came to mind as I read "holy life" – prayer, relationships, intentionality, and presence. As I pondered what God might be speaking to each of us in this second week of Lent, I began by looking more closely at my own life and I urge you to do the same. Here's what surfaced within me:

- Prayer (Life)
- Relationships (God/Self/Others)
- Intentionality (focus)
- Presence (in the present moment).

By reflecting on these four aspects of my life, I was able to see where I'm meeting the Holy One and where I'm missing opportunities for further exploration of God at work in life.

As a Sister of St. Joseph and being steeped in Trinitarian spirituality, I find Lent a time for digging deep and being honest with myself in assessing how I'm relating with God, others, and myself. With the words from the second reading for today, "called us to a holy life," I was able to reflect on the important relationships in my life.

Each of us is called to holiness in the concrete realities of our lives. Pausing to reflect on the relationality of the Trinity, through our prayer life, daily actions and inactions, presence with others and oneself, and being present in the moments of encounter each day, are opportunities to grow in holiness through our connections with one another.

Lent can sometimes feel like an endless, uphill journey; and yet it provides sacred space for us to be accountable to God, others, and ourselves. I urge you to take time during these weeks of Lent and allow the whispers of the Spirit to guide you on your sacred journey.



Photo by Sr. Jayne Helmlinger, CSJ

Excerpt from Today's Gospel

*"...then from the cloud came a voice that said,
'This is my beloved Son, with whom I am well pleased;
listen to him.'"*

MATTHEW 17:5

Holiness

*God calls
Do we answer?
God invites
Do we respond?*

*A holy life is ours to live,
amidst the mountains and valleys of everyday life.
A holy life we want to live, O Lord,
even when we lose our way*

*we know to pause and “listen for your voice”,
to guide each step of our way.*

*Holy perseverance
sage words from yesteryear,
bringing warmth deep within,
as we experience the Beloved’s presence
within and around us.*

*Holiness beckons
a soothing inward and outward rhythm.*

*Holiness beckons
from the Holy One’s gentle call.
Let us slow ourselves as we traverse this Lenten journey,
gathering the grace our God so generously bestows upon us.*

For Pondering

- As you reflect on your Lenten journey thus far, what words echo within you from your prayer and pondering?
- What might holiness look like in your everyday life? What Lenten practice(s) would enable you to grow in holiness?

Closing Prayer

*O Holy One,
we pray for an awareness of what sustains
and supports our growth in holiness.
May we continually seek to be a gentle,
loving presence in the world. Amen.*

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