

March 6, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

PICK UP YOUR CROSS!

By Sister Jayne Helmlinger, CSJ

Today's Gospel

Jesus said to his disciples: "The Son of Man must suffer greatly and be rejected by the elders, the chief priests, and the scribes, and be killed and on the third day be raised." Then he said to all, "If anyone wishes to come after me, he must deny himself and take up his cross daily and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake will save it. What profit is there for one to gain the whole world yet lose or forfeit himself?"

LUKE 9:22-25

Reflection

As we begin this time of Lent, it is helpful to reflect on this passage from Luke's gospel because it gives us the meaning of Lent in a nutshell. It is Jesus letting each of us know what is expected of us as his followers. He begins by letting us

know of the suffering he will endure and that each of us must expect that we will have our own crosses to carry.

Lent provides this time of reflecting on our lives and recalling those times of struggle where we were tempted to walk away from our crosses and choose a less difficult path to follow in this life. If we choose to drop our crosses, we also must know we are choosing a path that dead ends! While our crosses may become heavy and burdensome, if we persevere, we will experience life ever after.

It is helpful to name the crosses we carry so as not to inadvertently set them down. Our crosses are uniquely our own and the more we can embrace them, the more likely we are to fall ever deeper in love with God and with God's people.

Oftentimes, our crosses are also our gifts if we delve deep enough. Perhaps grief is a cross that has been an all too frequent experience for you. While grief can be gut-wrenchingly difficult, if you work with and through your grief, you can become a gifted companion to others who are suffering as they walk their path in life.

Pick Up Your Cross

Each of us carries crosses in our lives that might only be known to ourselves. Don't lose heart, because those walking side by side with you are carrying their own hidden crosses. You are not alone.

Stop and rest when your cross becomes too burdensome. Like Jesus, we have companions in our lives who can offer encouragement and prayers for us.

Seek the companionship of Jesus as you journey with your cross close at hand. Know that Jesus has walked this road before you and that resurrection and eternal life was the culmination of his efforts.



Pradelles, France

Photo by Sister Jayne Helmlinger, CSJ

For Pondering

- Spend some time today and in the coming weeks reflecting on the crosses you've carried in your life. What have you learned from them?
- How have your crosses made you stronger in your faith?

- How do these difficult times continue to influence your journey today?
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For Prayer

*O God,
you know how our crosses can wear us down
and momentarily distract us from you.
May we receive the grace we need this day
to pick up our cross and follow you.
Amen.*

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