

January 6, 2026

Daily Reflections



GOD'S ENDURING LOVE

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Readings

Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love. In this way the love of God was revealed to us: God sent his only-begotten Son into the world so that we might have life through him. In this is love: not that we have loved God, but that he loved us and sent his Son as expiation for our sins.

1 JOHN 4:7-10

When Jesus saw the vast crowd, his heart was moved with pity for them, for they were like sheep without a shepherd; and he began to teach them many things.

MATTHEW 6:34

Reflection

In the first reading from John, we have a powerful three-word message: God is love! Love is the very nature of God. It is so much more than a feel-good teaching because it requires a direct response from us since we are made in the image and likeness of God.

What might this response look like from you and me? It means we respond to the needs around us as much as we are capable, given our life circumstances. In Mark's gospel, Jesus feeds the five thousand from the five loaves of bread and two fish they have with them. With disbelief, the disciples begin to distribute the food and are astounded that everyone is fed and that they have leftover food. This miracle exemplifies God's generosity and springs from the love God has for his people.

The challenge for us today is how do we respond to the hunger we see – whether physical, emotional, or spiritual? We might be hesitant to respond at first, yet if we place our trust in God, we will have more than enough to meet some of the needs we experience around us. If you experience the needs of others as overwhelming, take a deep breath and pray for how you might respond in one small way. To ignore the hunger of others is not an option because at some point in our lives, we all have experienced it. It might not have been physical hunger; often our hunger flows from our emotional and spiritual needs deep within us.

Once again, the echo of Advent plays in my mind – “stay awake and be ready.” Do we not all want to see with God's eyes and God's heart? Let us not walk blindly through this next year; let us walk as people of the Light through our actions, thoughts, words, and deeds.

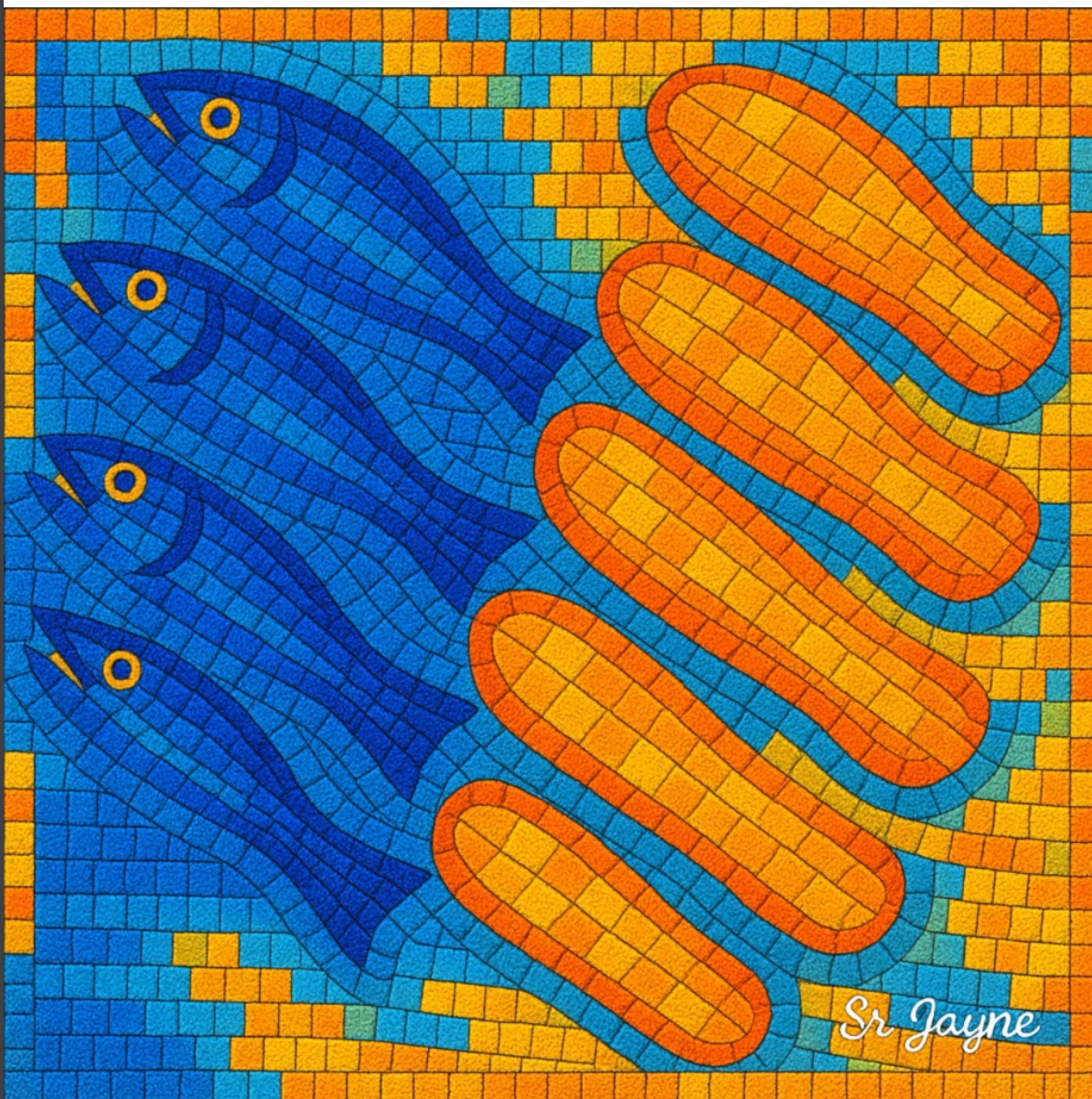


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For Pondering

- When have you experienced spiritual (physical or emotional) hunger? Where did you seek nourishment?
- How might you be called to quench the physical, spiritual, or emotional needs of someone today? Will you respond with generosity of heart?

For Prayer

*O God who is the source of all being,
may we seek to be conduits of love to our brothers and sisters
in need of nourishment – in body, mind, or spirit.
Let us be generous in our response*

*and rely on the power of your Holy Spirit within and among us.
Amen.*

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