



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

BLESSED ARE WE

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading and Gospel

Now you must put them all away: anger, fury, malice, slander, and obscene language out of your mouths. Stop lying to one another, since you have taken off the old self with its practices and have put on the new self, which is being renewed, for knowledge, in the image of its creator. Here there is not Greek and Jew, circumcision and uncircumcision, barbarian, Scythian, slave, free; but Christ is all and in all.

COLOSSIANS 3:8-11

Raising his eyes toward his disciples Jesus said:

"Blessed are you who are poor, for the Kingdom of God is yours.

Blessed are you who are now hungry, for you will be satisfied.

Blessed are you who are now weeping, for you will laugh.

Blessed are you when people hate you, and when they exclude and insult you, and denounce your name as evil on account of the Son of Man. Rejoice and leap for joy on that day! Behold, your reward will be great in heaven. For

their ancestors treated the prophets in the same way."

LUKE 6:20-23

Reflection

In the first reading from St. Paul, the words "you have taken off the old self with its practices and have put on the new self, which is being renewed, for knowledge, in the image of its creator," reminds us of our freedom in living in Christ Jesus. Our focus is not on ourselves; rather, our focus is on the glory of God our creator. We are called to witness to our new life in Christ because we are all created in God's image and likeness; all are welcome!

I'm including a Beatitudes prayer response to Luke's beautiful writings:

Blessed are we

when we realize that our natural resources are precious and need our careful stewardship.

who hunger for life in Christ Jesus and do not fall prey to anything that leads us astray.

who accompany and comfort those downtrodden and suffering from grief or depression.

who turn the other cheek and refrain from vengeance and retaliation when we've been harmed.

Let us rejoice and leap with joy!



LePuy-en-Velay, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Which stanza from Luke's Beatitudes speaks to you this day?
- Do any of the stanzas from my Beatitude response speak to you? Why?

- Which Beatitude challenges you the most? Why? Pray for the grace to work through any resistance you might be experiencing.

For Prayer

We pray for all those who are experiencing economic or spiritual poverty.

We pray for all who are experiencing hunger and food insecurity.

We pray for those who weep and cannot experience consolation.

May we stretch ourselves to respond generously

to provide relief to people

who are experiencing these basic, yet vital needs in their lives.

Amen.

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