

December 10, 2025



Daily Reflections



Center for
Spiritual
Development

GOD'S CARE FOR THE WEARY

By Sister Jayne Helmlinger, CSJ

An Excerpt from Today's First Reading and Today's Gospel

Those who hope in the Lord will renew their strength, they will soar on eagles' wings; they will run and not grow weary, walk and not grow faint.

ISAIAH 40:31

Come to me, all you who labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For my yoke is easy, and my burden light.

MATTHEW 11:28-30

Reflection

As we continue our Advent journey, it is helpful to remember that Advent is a season of longing and hope. The readings from today speak directly to those who are weary, burdened, and in need of tender mercy and compassion. God's power never fades or goes away and the invitation to rest in God is open to each of us.

The words of the verse from Isaiah can lift our spirits by just reading them. The image of soaring on eagles' wings is breathtaking if we reflect on what this means for us. It is God carrying and caring for us, lifting us above the chaos and challenges of life.

Advent is a time to admit our own limits, impatience, frustrations, and our too-frequent reliance on just ourselves. We are each limited and finite, while God is infinite and doesn't grow weary. It is also a call to look around and allow others to accompany us on our journey. We need not "go it alone" because God created us as social beings and community is foundational to our faith. God beckons us to place our trust in God and soar like the eagles!

In Matthew's Gospel, we find the incredibly comforting words to allow ourselves to rest in God. God is not promising to remove the challenges we might be facing; but God does promise a place of rest in God. God lightens the burdens we carry because God carries them with us.

Advent is the time to hear the invitation to set aside our anxieties, disappointments, and weariness at the feet of Christ Jesus. Advent is the time to pray and remember, Emmanuel – God with us – always and forever.

Eagles' Wings

O God who provides shelter under your wings and lifts us to new heights, allow our hearts to soar as we reflect on this most precious time of Advent.

O God, you have said for us to come to you when we are heavily burdened. As we soar with you, we gently release anything that impedes our love and intimacy with you.

As we figuratively soar with you on eagles' wings, may the kiss of the sun/Son and radiance of the blue sky remind us that we are wrapped in your loving and comforting embrace.

As we journey on in Advent, may we rise above the fray of the noise that surrounds us in this most precious time. Let us remain focused and not get caught up in the secularization of the birth of Jesus.



Photo by Stuart Robinson

For Pondering

- When have you experienced God lifting you up on eagles' wings? During this second week of Advent, pause and give thanks to God for the countless times God has given you strength and comfort on your journey in life.
- Which stanza from the Eagles' Wings prayer above speaks to you this day? Take a moment to encounter God's message to you.

For Prayer

*O God,
grant us the gift and grace of this Advent Season.
Slow our pace of life and help us to enjoy this most precious of times
as we pray for the birth of our Savior, Jesus.
Amen.*

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