

March 6, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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BEING MERCIFUL

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Readings

Lord, great and awesome God, you who keep your merciful covenant toward those who love you and observe your commandments!

DANIEL 9:4b

O Lord, we are shamefaced, like our kings, our princes, and our fathers, for having sinned against you. But yours, O Lord, our God, are compassion and forgiveness!

DANIEL 9:8-9

Jesus said to his disciples: "Be merciful, just as your Father is merciful. Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give and gifts will be given to

you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

LUKE 6:36-38

Reflection

The readings for today are a mix of owning up to our sinfulness, while at the same time, remembering that God is an awesome God, merciful, forgiving, and compassionate. I found myself on a rollercoaster of emotions as I contemplated my own sinfulness and knowing God’s love never ceases.

In these readings, each of us is invited to reflect on our way of being in the world. How quickly do we judge others? Ourselves? How readily do we forgive others? Ourselves? How eager are we to own up to our shortcomings (sins) and to be willing to seek forgiveness and reconciliation?

Lent offers each of us the opportunity to take stock of how we are in life and where a course adjustment might be needed. The words used in these readings can inspire us; words like merciful, love, compassion, forgiveness, praise, gifts, good measure, overflowing, and poured into your lap.

At the same time, the last sentence in the Gospel reading speaks to the heart of the invitation found in all these readings: “For the measure with which you measure will in return be measured out to you” Lk 6:38.

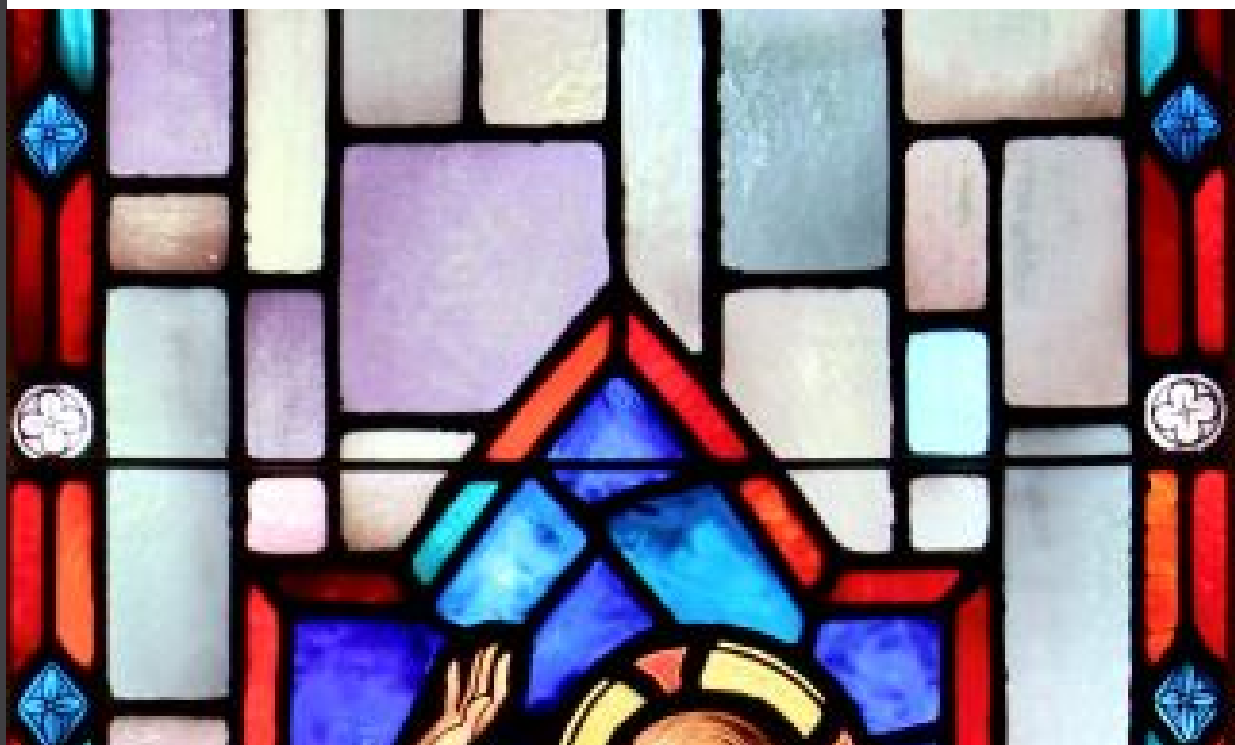






Photo taken in Sacred Heart Chapel, Orange CA
By Sr. Jayne Helmlinger, CSJ

Measure

*O Lord, may the measure of our lives,
be found in good stead.
If our inclination is to judge,
may your inner promptings
move us in a loving direction.*

*O Lord, may the measure of our lives,
be filled with mercy and compassion.
May we live and use our gifts generously,
gifts you have so freely bestowed upon us.*

*O Lord, may we measure our words,
thoughts, and actions carefully
so as not to damage or wound others.*

*Let us remember
how we measure others,
so, we too will be measured.*

For Pondering and Prayer

- Listen deeply within yourself as you ask: how do I measure others? How do I measure myself?
- Which words from today's reading speak to you: merciful, love, compassion, forgiveness, praise, gifts, good measure, overflowing, poured into your lap? Ponder these words and allow them to touch your soul.

*Merciful and loving God, as we continue our Lenten journey,
we pray for the grace to measure others and ourselves*

as we hope to be measured ourselves. Amen.

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