

May 8, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

Photo by Tomas Williams from Pexels

COME HOLY SPIRIT!

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Gospel

Whoever loves me will be loved by my Father, and I will love him and reveal myself to him. Whoever loves me will keep my word, and my Father will love him, and we will come to him and make our dwelling with him.

JOHN 14:21, 23

I [Jesus] have told you this while I am with you. The Advocate, the Holy Spirit whom the Father will send in my name—he will teach you everything and remind you of all that I told you.

JOHN 14:25-26

Reflection

The message from John's gospel is very clear; in loving Jesus and keeping his Word, we will find a dwelling place with God. The Holy Spirit, the Advocate, will be our guide to direct our steps during our faith journey in life.



Photo by Sr. Jayne Helmlinger, CSJ
Sacred Heart Chapel, Orange, CA

Come Holy Spirit

Come Holy Spirit!

Come, for you are the creator of my life.

*May my dance of life be guided by your holy presence
as I listen and entrust the choreography you've chosen.*

Come Holy Spirit!

Come, light my way if darkness falls upon me.

May the inner light you've placed in me

Illumine any shadows that mark my way.

Come Holy Spirit!

*May my whole being praise the richness
of your Word as I take into my heart
the life-giving power of your love.*

Come Holy Spirit!

*No matter what unfolds today
may I walk in peace and quiet confidence
as I embrace the love you so generously offer.*

JAYNE HELMLINGER, CSJ

For Pondering

- Take a moment and reflect on your own “dwelling place” with God. What are you experiencing?
- How is the Holy Spirit active and present in your life?
- What prayer arises in you as you ponder these questions?

For Prayer

As this Easter Season continues to unfold in our lives, may we embrace the profound message of love in our readings today. May we bring this love, so freely offered to us, in whatever happens in our lives today. Let us continue our walk of faith, singing of the glory and praise of our God. Amen.

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