

April 17, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

"DO YOU KNOW WHAT I HAVE DONE TO YOU?"

By Sr. Jane DeLisle, CSJ

Holy Thursday

Holy Thursday is the entrance into the high holy days of the Easter Triduum, during which we dramatically celebrate the loving redemption by our God through his Son, Jesus. The *Last Supper* promises the total self-gift of Jesus, who pours himself out for us in sign, symbol and real presence. The Eucharist is given to us as nourishment for our souls, so we might learn to BE Eucharist in the world.

The reality of love outpoured is lived out on Good Friday. It is only on Holy Thursday that we re-live the sacred action recalling that Jesus washed feet. Following Jesus requires that we, too, are to bend low and wash feet. We, too, are to pour ourselves out for one another.

Jesus asks, ***"Do you realize what I have done to you?"*** This question haunts my consciousness and stirs up desire to be and do as Jesus did. We have been touched, blessed, held in reverent love. Jesus, the Son of God, totally

gives himself and invites us to do the same. ***“Go do as I have done.”*** We are foot washers, followers of Christ Jesus through our lives poured out for every person, no matter who they may be. Everyone is dear neighbor to me as they were for Jesus.

Reflection

“Dear Lord, I know you want to wash my feet. I know my fear, my resistance.”

Look at your feet and remember all the places they have been in the last years... all the holy ground they have walked on... all the times they have tripped or stumbled... all the dirt they have picked up over the years... the number of times they had to be washed.

Look at your feet and ponder the calluses, bruises, what you like about them, and what embarrasses you about your feet... some may be too big, others too small, some may have blisters, bunions, twisted toes.

Present these imperfect feet to Jesus, these feet that have been to messy places. You can entrust them to the caring hands of Jesus and know that they will be met with compassion and love. Now, what about the great Mandatum:

***“So, if I, your Lord and Teacher,
Have washed your feet,
You also ought to wash one another’s feet.
For I have set you an example
That you also should do as I have done to you.”***



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For Pondering

- Ponder how you have been the recipient of mercy and compassion...
 - Whose feet is Jesus inviting you to wash, to accept in the same manner as you have been received, with the same mercy and compassion?
 - Imagine yourself washing the feet of that person. Speak with Jesus about that experience.
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For Prayer

Jesus,
“you loved us to the end” and taught us your way of self-emptying.
I am at once humbled and gratified that you would choose to wash my feet.
You are my Brother, my Savior, my Friend, my constant Companion.

*In you I am made new, I am joined to you.
You have called me to be your compassionate presence in my own times.
Keep me humble enough to allow my feet to be washed by another,
and courageous enough to wash the feet
of “the dear neighbor from whom I do not separate myself.”
May I allow Love to be at home in me and love through me.
In your name, Jesus, I pray that your fidelity be at work in me.
Amen.*

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