

May 13, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

GOD'S PEACE

By Sr. Jayne Helmlinger, CSJ

A Reflection on Today's Readings

“Paul, for three months, debated boldly in the synagogue.” This sentence stops me in my tracks! Do I have this kind of courage, stamina, and tenacity to stand my ground when my belief in Jesus is questioned? I have to say I’ve never been put to this type of test thus far, so I cannot answer this question based on personal experience. I only hope that if this ever came to be, I could do it.

In Psalm 68 from today’s responsorial psalm, I’m intrigued by the words “as wax melts before fire.” It is such a vivid and descriptive image of the power of God in our lives. I imagine the wax being any resistance to God’s power working within and among us. I imagine the fire being the power of God’s love.

In the gospel from St. John, the sentence “I (Jesus) have told you this so that you might have peace in me.” It is such a comforting message in that Jesus is always with us. It is the peace only God can give. No matter what is happening in our lives, we need only turn inward and find the deep place of peace that flows from God to us and us to God.

Prayer Poem to God

Flow peaceful current of Jesus, flow. Gently cover our inner terrain and steady our inmost being so we might be openings for others to seek your peace.

May the fire of our Spirit melt all that separates us from you. Your light, O God, shines before us so we may see that path you wish us to travel.

Boldly forward we must go, trusting in God's promise to be with us always. Let our desire not falter as we embrace and embark on the path before us.

May our countenance be gentle, joyful, and filled with humility as we enter into each day. Let our hearts and minds be grounded in the One who calls us each by name.



St. Paul

For Pondering

- What do the words "as wax melts before the fire" say to you about your relationship with God?
 - How might you describe what it means to have peace in Jesus?
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For Prayer

*We pray for the gift of courage to boldly claim, with our lives,
Jesus is Lord.*

*May we open ourselves to the peace only God can provide,
and may we be the gentle and inviting peace
so needed at this moment in time.*

Amen.

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