

March 12, 2024

Daily Reflections

Journeying through Lent



Center for Spiritual Development

JESUS HEALS!

By Sr. Jayne Helmlinger, CSJ

Today's Gospel

There was a feast of the Jews, and Jesus went up to Jerusalem. Now there is in Jerusalem at the Sheep Gate a pool called in Hebrew Bethesda, with five porticoes. In these lay a large number of ill, blind, lame, and crippled. One man was there who had been ill for thirty-eight years. When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, "Do you want to be well?" The sick man answered him, "Sir, I have no one to put me into the pool when the water is stirred up; while I am on my way, someone else gets down there before me." Jesus said to him, "Rise, take up your mat, and walk." Immediately the man became well, took up his mat, and walked.

Now that day was a sabbath. So the Jews said to the man who was cured, "It is the sabbath, and it is not lawful for you to carry your mat." He answered them, "The man who made me well told me, 'Take up your mat and walk.'" They asked him, "Who is the man who told you, 'Take it up and walk'?" The man who was healed did not know who it was, for Jesus had slipped away,

since there was a crowd there. After this Jesus found him in the temple area and said to him, "Look, you are well; do not sin anymore, so that nothing worse may happen to you." The man went and told the Jews that Jesus was the one who had made him well. Therefore, the Jews began to persecute Jesus because he did this on a sabbath.

JOHN 5:1-16

Reflection

For a number of reasons, this passage from John's gospel has always intrigued me. Picturing in my mind this scene of people who are sick, blind or disabled in some manner, waiting around a pool of water for an angel of the Lord to stir the waters, and then be the first to enter the water to be healed. It seems extreme and I have to admit I don't linger on this because it is so out of the norm for us today.

Why does Jesus choose this particular man to heal? He doesn't seem to recognize who Jesus is or Jesus' ability to heal. Later in this story, the man is confronted by the Jewish leaders, and they tell him it is not lawful to carry his mat on the Sabbath. The man immediately deflects the blame by naming Jesus as the one who healed him on the Sabbath and saying that he was only doing what Jesus told him to do, "pick up his mat and walk."

What captures my imagination is the fact that Jesus did heal this particular man who did not even know of him. Why does God heal? Who does God heal? When? Why? There are no easy answers to these questions, yet I've found comfort in knowing that God's healing comes in different ways. I have the privilege of co-leading a pilgrimage to France and we start in Lourdes so that those on the pilgrimage have a better understanding of pilgrimage. As I read this passage of those waiting around the pool to be the first in to be healed, what easily comes to mind are the thousands of pilgrims who come to Lourdes for healing in body, mind, and spirit. I'm moved by the faith of the people who come to Lourdes because it is in the experience of praying and being with other pilgrims that healing occurs. Most pilgrims leave with a type of spiritual healing that cannot be put into words because God's healing touches us on the soul level.

While we don't know why some people are healed and others are not, what we do know is that Jesus' love is there for each of us. As this fourth week of Lent unfolds, let us pray for our own healing and the healing of others as we continue to open our hearts to God.



In Lourdes, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What might need healing in you at this moment in time? How might you assist another on their healing journey?
- How does this passage of Jesus healing a man who seems oblivious to

Jesus' true identity affect you?

For Prayer

*O God who heals all wounds,
we lift up to you all those in need of healing in body, mind, or spirit.
May they know the tender love and care you have for them
in the midst of any pain and suffering they are experiencing.
May we open ourselves to being conduits of healing and love
in the lives of the people we encounter this day.
Amen.*

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY

Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by thecsd@csjorange.org