

November 15, 2025

Daily Reflections



HOW IS THE FOUNDATION?

By Alicia Rodriguez

An Excerpt from Today's Responsorial Psalm

Remember the marvels the Lord has done!

PSALM 105:5

Reflection

Today's response for the responsorial psalm reminds me to take some time in my day and reflect on the past. When looking back into the past, it's hard to focus on the good things; it can be easier to remember the bad and sometimes painful memories that tend to want to control the heart and mind.

I remember a few years ago when I took a spontaneous trip to Mexico City with my parents. We visited the pyramids of the ancient city of Teotihuacan. I remember staring at the enormous pyramids of the sun and moon and wondered how my Aztec ancestors would go about their daily lives in these now

crumbling remnants of a city.

Walking through the city and up and down the pyramids I was amazed at how something so ancient, built without the luxury of today's modern tools, could still be standing so tall today. As I kept exploring, and also tried to find my parents, I noticed some debris of what used to be a small storehouse. I could look at the rubble up close and noticed all of the small details of the cobblestone-like foundation that had been laid out for it. The foundation made me realize that it is important to look back to our foundation in our faith and give thanks for what has been gifted to us, as well as giving thanks for those difficult moments that made our faith grow deeper.

The Lord works in mysteries ways, but they are all to help us get a better understanding of who we are and to grow a deeper understanding in our faith.



Ancient City of Teotihuacan, Mexico City, Mexico

Photo by Alicia Rodriguez

For Pondering

Ask yourself:

- How is my foundation looking? Are there any areas that I need to reinforce?
- What are some good and happy moments in the past year that I am

thankful for?

- What are some hard and not as happy moments in the past year that helped me deepen my faith?
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For Prayer

*That I may praise God's name in song
and glorify it with thanksgiving.
That will please the LORD more than oxen,
more than bulls with horns and hooves ...*

PSALM 69:31-32

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