

April 8, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

BELIEF

By Sr. Jayne Helmlinger, CSJ

An Excerpt from Today's Responsorial Psalm

O Lord, hear my prayer, and let my cry come to you. Hide not your face from me in the day of my distress. Incline your ear to me; in the day when I call, answer me speedily.

PSALM 102:2-3

Reflection

Today's readings center on turning toward God and living as we are called to live as Christians. It is about trusting in the Lord and following the Word during the ups and downs of life.

I chose this psalm stanza because it speaks to one of the most powerful and effective conduits we have to stay in right relationship with God – prayer.

Without prayer and an intimate relationship with God that comes through prayer, it is so easy to go adrift in life and lose our way.

As I pray this psalm, it touches something deep within me. It expresses what my heart experiences when I come to God in the silence of my inmost being. The words are a plea for God to hear me, to know what is troubling me, at any moment of my life.

“Incline your ear to me” speaks to God’s deep desire to touch our lives and assure us of his holy presence. It is God’s immediate response when we call upon God that steadies and enables us to move through life’s challenges and difficulties.

To pray just this simple stanza of Psalm 102 draws me closer to God. It reminds me of how accessible God is for all of us in our lives if we are open and receptive to the Spirit’s movement. It encourages me to speak to God from the heart and the depths of my being. Each time I pray this one line of this psalm, a prayer bubbles up within me. I share the prayer that came to me as I wrote this reflection.

Believe

O God, you speak to each of us in our inmost being. Quiet all that distorts and distracts our desire to be with you in this very moment.

I gently lift my voice in prayer as I come to you in all humility. I am incomplete until I rest in you, and I pray my thoughts, words, and actions point to my love for you.

I believe that you are my Lord and Savior, the I AM that gives life to us all. Your love and sacrifice for each of us never cease to amaze.

It is easy to come to you in prayer when life seems to sail along under the wings of your Holy Spirit. In times of distress, I merely call your name, and you are there, if I only trust.

May I open myself to be filled with you. Let my faith be evidenced in my way of living and being upon this earth, as a conduit for your love poured out.

Amen.



Stained Glass Window in Church Interior
Photo by Osviel Rodriguez Valdéz

For Pondering

- When you take in the word “belief” -- what rises within you? Spend a moment and jot down what belief feels and looks like in your life.
- When you read this stanza from Psalm 102, what thoughts and feelings emerge within you? How often do you call upon the great I AM in your

prayer and in your life?

For Prayer

*O God who sent his only Son so that we might have life to the fullest,
Let us walk gently in humble, gentle, love
as we move through this day.
Amen.*

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