

October 9, 2024

Daily Reflections



Center for Spiritual Development

VIBRANT LIVES!

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An Excerpt from Today's Responsorial Psalm

Go out to all the world and tell the Good News.

Praise the Lord, all you nations, glorify him, all you peoples!

For steadfast is his kindness toward us, and the fidelity of the Lord endures forever.

PSALM 117:1BC, 2

Reflection

*During this week of reflections, I will be using the acronym HARVEST. Each day the focus will be on the letter for that day as noted below. I'm using the theme of fall and autumn and how this season can be used as a kaleidoscope to reflect on our life with God. As this is Wednesday, the word of focus is **Vibrant**.*

Sunday ~ H: Harmony

Monday ~ A: Awesome

Tuesday ~ R: Rejoice

Wednesday ~ V: Vibrant

Thursday ~ E: Everlasting

Friday ~ S: Steadfast.

Saturday ~ T: Testimony

If you pray the stanzas from Psalm 117, you can see and experience the vibrancy of these words. In the first stanza, we are asked to praise the Lord and glorify God. We can respond in so many ways and our very lives can be our response. When we praise God in prayer and song, our voices ring out and joy and gratitude spring forth. The second stanza reminds us of God's enduring kindness. We can take comfort in knowing how much God loves us and this can be the driving force of our lives. There ought to be a vibrancy to our prayer and praise. I can't think of a more fitting way to glorify God and express our love than the vibrancy of our own lives.

Connecting vibrancy to the acronym HARVEST comes naturally if you picture in your mind's eye the rich colors of the fall harvest of wheat and corn. The rhythm of the seasons is filled with change and transformation; what doesn't change is God's enduring and everlasting love. What can change and evolve is our desire to grow ever closer to the Lord.

We take for granted the change of seasons; yet there is a caution to taking for granted God's love. If we love someone, we reciprocate and show this love through the words, thoughts and actions of our lives. While God's love is everlasting, it does call us to respond by living and loving with generous and grateful hearts.

Poem of the Harvest of Autumn

O God of everlasting love, may our lives shine brightly with the vibrancy of the autumn colors. Let us gaze upon the forests and trees of ever-changing shades of splendor and be moved by the grandeur of your creation.

As the leaves change from green to orange, yellow, and red, we witness your hand at work upon this earth. May our own lives illuminate the beauty of your love within us and be a source of inspiration for others as our lives attest to our life in you.

As the leaves fall gently from the branches of the trees, may we, too, allow all that hinders us to be released, creating space for the Beloved's grace to enter in and spring forth anew.

As the season of harvest is upon us, may we assess what needs to be harvested in our own lives. May new seeds be planted, and the soil of our inner terrain be tilled, opening ourselves to transforming change.

Let us embrace the seasons of our lives, both internally and externally, as we come to know the joy in living vibrant and loving lives.



Sidney, OH
Photo by Molly Helmlinger

For Pondering

- What does living a vibrant life look and feel like for you? How does this strengthen your relationship with God?
 - If you have the opportunity, spend some time in nature, especially where the leaves are turning with vibrant splendor. Allow this quiet, intentional time to feed your soul.
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For Prayer

O God,
we pray for fidelity to prayer where we give praise and glory to you.
May we open ourselves to the splendor of all creation
and allow ourselves to be transformed in and through you.
Amen.

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