

October 7, 2024

Daily Reflections



Center for Spiritual Development

AWESOME IS OUR GOD!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

The Lord will remember his covenant forever.

I will give thanks to the LORD with all my heart in the company and assembly of the just. Great are the works of the LORD, exquisite in all their delights.

The works of his hands are faithful and just; sure are all his precepts, reliable forever and ever, wrought in truth and equity.

He has sent deliverance to his people; he has ratified his covenant forever; holy and awesome is his name. His praise endures forever.

PSALM 111:1B-2, 7-10C

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 Monday, the word of focus is *Awesome*.

Sunday ~ H: Harmony

Monday ~ A: Awesome

Tuesday ~ R: Rejoice

Wednesday ~ V: Vibrant

Thursday ~ E: Everlasting

Friday ~ S: Steadfast

Saturday ~ T: Testimony

As noted above, I'm using the acronym HARVEST for my reflections this week. Today the letter is "A" for Awesome! Psalm 111 speaks to the awesome power of God's touch upon all of his creation.

If we take to heart the first stanza of this psalm, especially the words "great are the works of the Lord, exquisite in all their delights," they can have a direct impact on how we view and relate to the world. God is continually working within and among us and his works are incredible -- if we have eyes to see them and a heart to take it all in.

How is God working in each of us? Do we see his imprint upon our hearts and in the footprints of our lives? We are beautifully and wonderfully made. Do you sense this about yourself? Do you experience this as you reflect on the people in your life?

The second stanza of this psalm flows from the first and ends with God's works being reliable forever and wrought in truth and equity. What does this mean to you and me if we reflect on ourselves being formed in truth and equity? How do we live into these words and make them a reality in our lives?

In the final stanza we find the word for today, "awesome," referring to God. And because we are made in God's image and likeness, we too are awesome creations of the Lord. What happens within you if you take in the idea that you are awesome as well? Too often we allow negative self-talk or critical words from others to wear down our sense of being a part of God's creation.

Turn this around and move into this day reminding yourself that our awesome God has created you, a unique and gifted individual, to live with the energy and positivity of this knowing. Let your life soar today and perhaps this will be a reminder to someone who needs to hear this message in their own life.



Vermont
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What stanza from this psalm speaks to you? Why? How might you call upon the energy from this stanza as you begin (or end) this day?
 - How have you witnessed the awesomeness of God in your own life? In the lives of others?
 - How might you enable someone you encounter this day to realize their own sense of uniqueness and awesomeness?
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For Prayer

*Creator God,
all of your creation resounds with your awesome beauty and grandeur.
May we be points of connection and conduits of your grace
that enable others to come to know the awesome saving power of your love.
Amen.*

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