

April 11, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

RELATIONSHIP WITH THE BELOVED

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

I love you, O Lord, my strength, O Lord, my rock, my fortress, my deliverer.

My God, my rock of refuge, my shield, the horn of my salvation, my stronghold! Praised be the Lord, I exclaim, and I am safe from my enemies.

The breakers of death surged round about me, the destroying floods overwhelmed me; The cords of the nether world enmeshed me, the snares of death overtook me.

In my distress I called upon the LORD and cried out to my God; From his temple he heard my voice, and my cry to him reached his ears.

PSALM 18:2-7

Reflection

As Lent is drawing to a close, I find it helpful to look back over my Lenten journey these past four and a half weeks. I recall how often I use the Psalms to pray and how the words of the psalmist seem to sift through my thoughts and often point to what I'm feeling at that moment in time. The psalms give voice to inner urgings of joy, grief, surrender, angst, hope, fear, love, and trust. They also convey a deep sense of longing.

In Psalm 18, the words of love, trust, strength, refuge, rock, shield, salvation, and stronghold are so powerful. In many ways, they touch upon my own journey in life, as well as this season's Lenten journey. How easily our moments in life can shift from the expected to the unexpected; surprising us with the rainbow of emotions and feelings we experience in life.

This psalm in particular conveys my own relationship with God. God is my stronghold, strength, rock and hope. It is in God that I place my trust and seek an ever-deepening relationship with the Beloved. For me, Lent seems to allow my inner being to slow down just a bit and I'm able to connect with God in the quietness of his dwelling place within me. I hope this is something you experience as well.

As we look to Holy Week beginning this Sunday, Palm Sunday, it is that special week of walking with Jesus in his triumphant entry into Jerusalem and concluding with his passion and death upon the cross. On Easter, we celebrate Jesus' resurrection and join in the chorus of voices singing God's triumph over sin and death.

These weeks of Lent have given us the solid ground to move into Holy Week with eyes and hearts wide open, ready to engage with the beautiful readings of this week where we, as the Body of Christ, walk this journey with Jesus through scripture, prayer, and Eucharist.

Let us pray this psalm and take in the words together. Let us pray to be transformed into the loving and generous people God has created us to be in this world. Let us lift our eyes to God and give thanks for this year's Lenten journey. Let us move into Holy Week ready to receive the grace God intends us to have.



Rigi Scheidegg Alps
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Think back over the past four and a half weeks of your own Lenten journey. What have you discovered about yourself? About your life of faith? About Jesus?

- Pray Psalm 18 slowly. What words resonate with you? Why? What prayer rises up within you?

For Prayer

*O Loving God,
may we remain focused on this journey of Lent
as we move toward Palm Sunday.
May Holy Week be a week where we gather with the faithful
in prayer, ritual, silence, and praise.
May we be given the grace we need
to enter fully into this most sacred week.
Amen.*

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