

June 14, 2024

Daily Reflections



Center for Spiritual Development

UNBOUNDED BEAUTY

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

Hear, O Lord, the sound of my call; have pity on me and answer me. Of you my heart speaks; you my glance seeks.

Your presence, O Lord, I seek. Hide not your face from me; do not in anger repel your servant. You are my helper; cast me not off.

I believe that I shall see the bounty of the Lord in the land of the living. Wait for the Lord with courage; be stouthearted, and wait for the Lord.

PSALM 27:7-8a, 8b-9abc, 13-14

Reflection

The psalm for today is a beautiful, soulful prayer that speaks to hearts open to receive it. The words “of you my heart speaks (O Lord); you my glance seeks” -

- what comes to mind is the call of love found in the words spoken by someone who has invited God into their heart. This psalm is food for our souls and spirit-filled energy for our trek in life.

The words “you my glance seeks” stir memories from when God healed my aching spirit and comforted the disquietude within me. It is for God that my eyes cast about. It is for God that my whole being longs.

This psalm prompts my own response in the form of the following prayer that bubbled up within me.

Beauty Unbounded

Quiet, O come to the quiet within where my Beloved awaits me. It is a sacred time of being with the one who formed me in my mother’s womb and knows my inmost thoughts and feelings.

Anticipation increases when I carve out time to seek the Holy One’s presence within me. My soul alights with the delight of the Most High, my Savior and my God.

This call echoes across the ages, *seek the Lord where he may be found; call upon him while he is still near* (Is. 55:6).

Look no further for the Beloved, as he can be found amongst the people you greet and the creatures that scurry about. He dwells within us all.

For God is found in all of creation if only our eyes can see, our hearts can understand, and our minds can embrace the mystery of God.

Slow down, seek God everywhere this day. Unbind all that hinders you from God’s presence in any given moment. Free the spaces within where glimpses of God abound.

Join with others in this dance we call life, where God’s divinity continually reaches out and touches our humanity. Let us be people of the light.



Stack of Rocks
Photo by shadowlessPhoenix

For Pondering

- Choose a stanza from the Psalm or from the prayer response above. Spend some quiet time probing the depths of why this particular stanza speaks to you.
 - If you feel the stirrings of the Spirit within you, allow your own prayer to surface. Sing, write, dance, draw, paint or pray this prayer aloud as you conclude this time of reflection.
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For Prayer

*We pray in gratitude for the gift of your presence in our lives, O God.
May we gently bring the gifts we've received to those we encounter this day.
May our lives point always toward you
and may we be a sign of your everlasting love.
Amen.*

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