

February 3, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

MY LIGHT

By Sister Jayne Helmlinger, CSJ

*The Lord is my light and my salvation;
whom should I fear?*

*The Lord is my life's refuge;
of whom should I be afraid?*

PSALM 27:1



Photo by Sr. Jayne Helmlinger, CSJ

Reflection

This beautiful beginning of psalm 27 is one that brings great comfort, joy, and consolation because it reminds us of the infinite love and presence of God. No matter what is happening within and around us, God is ever present, ever attentive, to us all.

This picture captures a sense of wonder and awe at God's in-breaking presence in our lives. At times, we can feel cold, cut off from ourselves and others; yet God's light never dims. In the quiet and bareness of winter, God continues to find ways to cover us in warmth. Figuratively speaking, the same is true. In the depths of our being, which may at times feel like the dark of winter, God's radiant love continues to manifest in lifegiving light.

As winter settles in here in Ohio, this prayer arose within me:

MY LIGHT

*O God of light and darkness
remind me, always, of your ever-present love.*

*Let fear not entrap our very being
or negativity cloak
your gentle presence.*

*Alight anew within us each morning
shining forth the radiant love you gifted to us
through your Son.*

*Let each creature
great or small
amplify your life-giving love.*

*May we see in one another,
your light and presence
even if conflict erupts among us.*

*When darkness threatens to ensnare,
may we be reminded*

that your Light never dims.

*We pray for creative and
imaginative ways to be light
as we make our way in life.*

*Giver of light,
we pray in thanksgiving
for the gift of your eternal love.*

JAYNE HELMLINGER, CSJ

For Pondering

- As you reflect on this picture, what captures your imagination?
 - When has God's in-breaking presence brought light when you experienced darkness?
 - How might you be light as your day unfolds?
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For Prayer

O Light of life, let us be light for those in the shadows of darkness. If we ourselves are in need of your reassuring light, may the echoes of "the Lord is my life's refuge; of whom should I be afraid" (Psalm 27:1) resound within us and lead us to the Light.

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