

Daily Reflections



Center for Spiritual Development

BLESSED ARE THEY

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

Blessed are they who follow the Law of the Lord.

*Blessed are they whose way is blameless, who walk in the law of the Lord.
Blessed are they who observe his decrees, who seek him with all their heart.
With all my heart I seek you; let me not stray from your commands.
Within my heart I treasure your promise, that I may not sin against you.
Be good to your servant, that I may live and keep your words.
Open my eyes that I may consider the wonders of your law.*

PSALM 119:1-2, 10, 11, 17-18

Reflection

I chose the psalm for reflection today because both the first reading and the gospel reading are so harsh! The psalm is a gentler way to convey the message

intended for us. In the first stanza we are called to “walk in the law of the Lord.” At first glance, this can seem like a no-brainer; of course we’ll walk as we are called to walk as disciples. And yet, I don’t find it that simple because how often can you and I find ourselves on the slippery slope of bending the precepts of the Lord? The heart of today’s readings is to love one another. I know I can find myself making choices, even small ones, that don’t really embrace this call to love.

For example, I can love those who are close to me, my friends, family, and other important persons in my life. What about those who are a bit more difficult? If I lean into the command to love others, then it means making choices where I might not feel all that comfortable. It’s taking a seat on a bus or train beside someone with whom I might not normally interact. What if this is the person most in need of acceptance or inclusion at that moment in time? This is the stretch I find in truly loving my brothers and sisters. I want to get out of my comfort zone and truly risk the radical command to love one another ... not just loving those closest to me.

In the second and third stanzas, I’m drawn to the words “seek God with all of my heart.” I have to invest time, prayer, and discernment to know the depths of my heart. It’s easy to live life on the surface level; this stanza challenges me to dig deeper, give a bit more of myself and not guard my heart too closely. A closed heart, or a hesitant heart, is not the path I want to walk if I’m seeking God with all of my heart.

In the fourth stanza, the word “treasure” leaps off the page because to treasure something means to place a high value upon it. Do I treasure my relationship with God? If I do, then I will seek to live according to the gospel values given to us by Jesus. You and I can’t just hold Jesus in our hearts; to treasure God requires loving responses from us – every day.

The final stanza contains the words “open my eyes.” I immediately thought of the words to the song by Jesse Manibusan, “Open My Eyes, Lord.” I want to share these lyrics with you because they are a prayer from the heart that is a wonderful response to the readings of today.

Open my eyes, Lord

Help me to see Your face

Open my eyes, Lord

Help me to see

Open my ears, Lord

Help me to hear Your voice

Open my ears, Lord
Help me to hear

Open my heart, Lord
Help me to love like You
Open my heart, Lord
Help me to love



Photo by Ben Kerckx

For Pondering

- As you pray the psalm for today, or reflect on the song above, what arises within you? How are you love in your daily comings and goings?
 - Spend a few moments in silence and then ask yourself: What do I treasure?
 - What stanza speaks to you today? Perhaps there is a word within the psalm that leads you to deeper reflection on your relationship with God. Spend a few minutes in quiet contemplation and seek to uncover what God would like you to hear today.
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For Prayer

*O God who calls each of us by name,
may we seek to deepen our relationship with you.
May we be aware of those who might need
our presence in their lives this day.
Let us not shy away from the inner promptings of the Spirit
that nudge us to be generous in our loving response to others.
Amen.*

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