

Daily Reflections



Center for Spiritual Development

SEAS OF THE LORD

By Sr. Jayne Helmlinger, CSJ

Excerpts from Today's First Reading and Gospel

Thus says the Lord: When Israel was a child I loved him, out of Egypt I called my son. The more I called them, the farther they went from me. ... My heart is overwhelmed, my pity is stirred. I will not give vent to my blazing anger, I will not destroy Ephraim again; For I am God and not man, the Holy One present among you; I will not let the flames consume you.

HOSEA 11:1-2, 8e-9

Jesus said to his Apostles: "As you go, make this proclamation: 'The kingdom of heaven is at hand. Cure the sick, raise the dead, cleanse the lepers, drive out demons. Without cost you have received; without cost you are to give.' ... Whoever will not receive you or listen to your words – go outside the house or town and shake the dust from your feet.'

MATTHEW 10:7-15

Reflection

In this first reading, I must ask myself, “Do I hear the Lord calling to me?” Do you hear the Lord calling to you? Are you and I adrift and far from the shores of our Lord? What are the distractors in our lives that block or hinder our ability to listen and respond to God? This reading from Hosea is a gentle, yet important message for us to take in and assess how much we actually seek and listen to God each day of our lives.

The Gospel reading from Matthew prompts this question, “Do I, do you, blindly keep doing what we’re doing without truly discerning what our lives are about?” This passage is urging us to do the work to which God is calling us, just as Jesus missioned the Apostles so long ago. At times, I find myself in a daily rut of moving throughout the day without pausing and reflecting on whether this is what I’m called to do this day. Am I open to a pivot in my well-planned life when our God of surprises beckons? I hope so, because this is my heart's desire – to be and go where the Holy Spirit beckons me because I want to fulfill the work that is mine to do. What about you?

In order to not fall into a rut in life, I want to lead a discerning life where I’m open and eager to hear the plans that God has for me. I don’t want to dull my senses and simply drift through life like a ship without a rudder. I want to experience the joy of knowing that I’m responding to the Spirit’s lead in my life and the call of us all to be co-creators with God.



Pradelles, France
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Have you found yourself drifting through life when you realize the joy and energy of living in and through the Lord is missing? How do you “right your ship” and set sail on the Seas of the Lord?
- I use the image of a ship adrift at sea to remind myself to be alert and attentive to God's call in my life. What image or metaphor works for you as you navigate the ever-changing seas of life?

For Prayer

*O God of life,
may we be safe harbors and beacons of life
for those adrift in the waves of loneliness and despair.
May we remain steadfast and alert
to where our presence and gifts are needed.
May we contribute our gifts and talents
to building up the Body of Christ here on earth.*

Amen.

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