

April 14, 2024

Daily Reflections

Journeying through Easter



Center for Spiritual Development

AUTHOR OF OUR LIVES

By Sr. Jayne Helmlinger, CSJ

Excerpts from Today's Readings

The author of life you put to death, but God raised him from the dead; of this we are witnesses.

ACTS 3:15

O Lord, let the light of your countenance shine upon us! You put gladness into my heart.

PSALM 4:7

Then Jesus opened their minds to understand the Scriptures. And he said to them, "Thus it is written that the Christ would suffer and rise from the dead on the third day and that repentance, for the forgiveness of sins, would be preached in his name to all the nations, beginning from Jerusalem. You are witnesses of these things."

LUKE 24:45-48

Reflection

There are a number of key words in these readings from today that weave together and form a message for us worth considering. In both the first reading and the gospel reading, we see the word “witnesses.” It is a word worth unpacking because it causes us to engage with the scriptures. To be a witness to something means we are attentive to what has taken place and we can recall it. It can also mean that how we live our lives attests to our belief systems and faith. How are you and I living our lives? To what and to whom do we witness?

Three words that also leap off the pages are “author of life.” God is the author of all creation and each one of us! At the same time, we write the chapters of our lives by the way we live, pray, work, and make our way on this planet. Some questions to ponder include: What am I writing with my life? Does the God who created me recognize his own authorship when gazing upon me?

The psalmist writes, “Let the light of your countenance shine upon us!” Biblical scholars often refer to this as asking God to let his face shine upon us. Think about this in your own life. In order for God’s face to shine upon us, it means we are looking for God, seeking God’s light. For me, this means seeking God in prayer, seeking God through my worshipping community, seeking God in the faces of the people I encounter. If I’m not looking or expecting to see the face of God within and around me, what a huge loss I experience!

I chose the picture below to reflect these readings. The photo was taken in the Rocky Mountains last October, just after one of the first snows of the winter season. The air was crisp and clean, and the sun was bathing the forest in its light. I pulled the car over and got out and stood on the side of the road taking in the full beauty before me. The sun was shining on my face and the Son of God was in the abundance of beauty around me. For the rest of that day, I felt bathed in the countenance of God’s love. I saw the face of God in the people I met that day as I traveled across the Colorado landscape. It was such a reminder to stop, look up, and take in the serenity and scenery of life.



Colorado Mountains
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- What are you writing with your life that God has authored? What are some of the most significant names of the chapters of your life? Why did you choose those names?
 - How does God recognize the authorship of your life?
 - How and when have you experienced the countenance of God's face shining upon you? Explore the feeling within you as you ponder these moments.
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For Prayer

*O author of our lives,
we pause this day to give thanks to all of your creation.
May we write the chapters of our lives,
grounded in faith, hope, joy, and love.
May our own light shine before others as we point the path toward you.
Amen.*

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