

March 11, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

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THE LORD IS KIND AND MERCIFUL

By Sister Jayne Helmlinger, CSJ

Excerpt from Today's Responsorial Psalm

The Lord is kind and merciful.

*Bless the Lord, O my soul;
and all my being, bless his holy name.*

*Bless the Lord, O my soul,
and forget not all his benefits.*

*He pardons all your iniquities;
he heals all your ills.
He redeems your life from destruction,
he crowns you with kindness and compassion.*

*For as the heavens are high above the earth,
so surpassing is his kindness toward those who fear him.*

*As far as the east is from the west,
so far has he put our transgressions from us.*

PSALM 103:1-2, 3-4, 11-12

Reflection

As this second week of Lent comes to a close, how refreshing and uplifting are the words of Psalm 103. Along with today's gospel reading (Lk 15:1-3, 11-32), the parable of the prodigal son, and the sentiments of Psalm 103, we are reminded of God's unrelenting quest for a relationship with each of us.

No matter our transgressions, be they great or small, God awaits our return with an open embrace, just as the father in today's parable celebrated the return of his wayward son. We seek forgiveness as we address the harm we have done to others, ourselves, and our relationship with God.

This is a time for rejoicing in the all-encompassing love our creator has for each of us. As our Lenten journey continues, may we turn toward our ever-faithful Creator and lean into God's holy embrace.

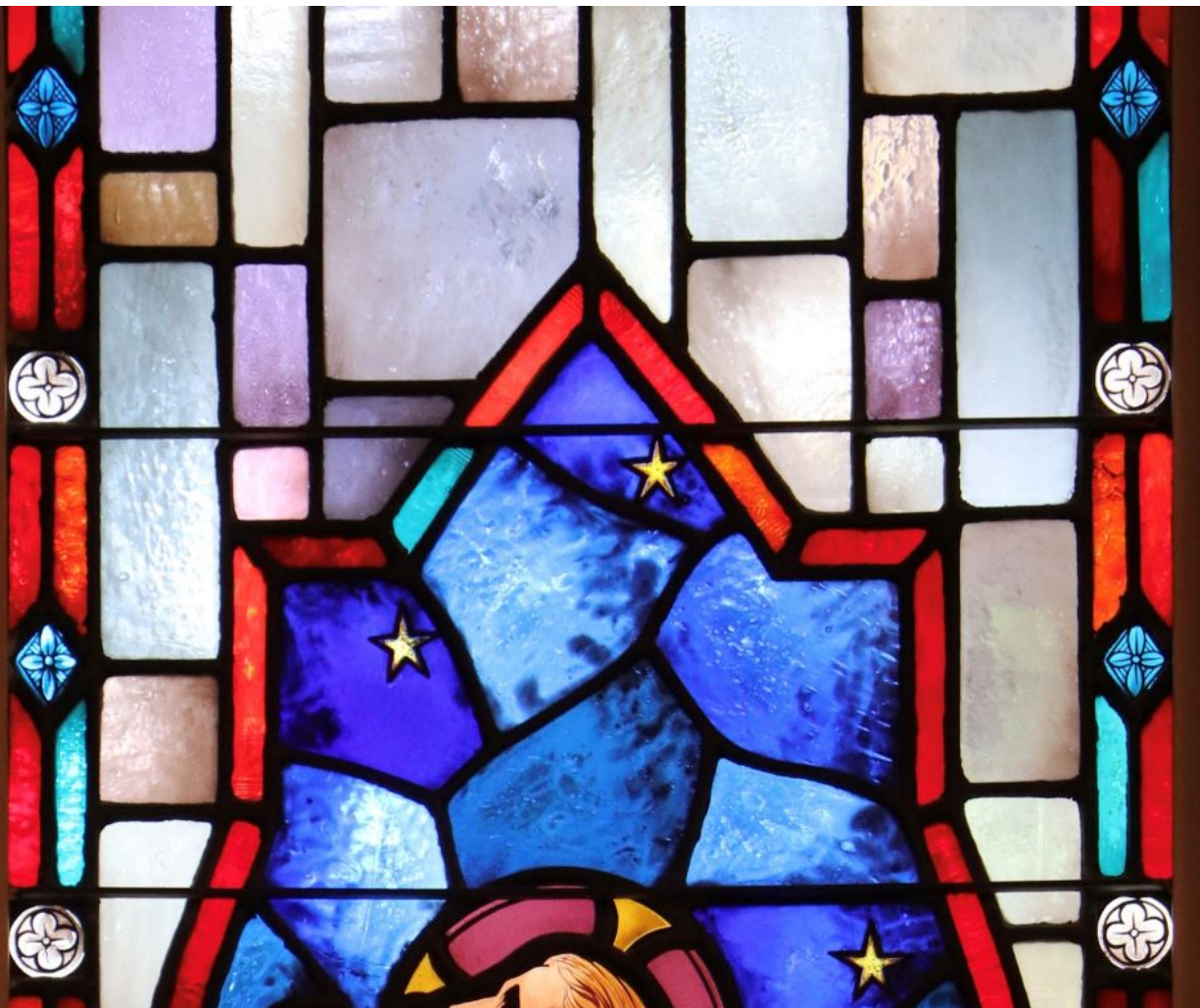




Photo taken in Sacred Heart Chapel, Orange CA
By Sr. Jayne Helmlinger, CSJ

Merciful

*Merciful,
A gentle, welcoming word
to describe our God.*

*Merciful,
a virtue worthy of cultivation
in each of our lives.*

*As God bestows mercy on us,
may we extend mercy to others,
even if our desire is to respond
in anger, like the other son
in today's parable.*

*Merciful,
I long to be,
in thoughts, words, and deeds.*

*Merciful,
I'm called to be,
I'm created to be,
in all of life.*

For Pondering

- Are there people or circumstances in your life that are calling for your merciful response?
- What will it take for you to respond? What impedes your ability to respond in mercy?

Closing Prayer

*Merciful God, help us to be people of goodwill,
full of kindness and compassion.
Give us the grace to move past
all that impedes our ability to be kind and merciful,
as you are to each of us. Amen.*

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