

January 16, 2024



Daily Reflections

A HUMBLE HEART

By Sr. Jane DeLisle, CSJ

Today's Gospel Acclamation

"May the Father of our Lord Jesus Christ enlighten the eyes of our hearts, that we may know what is the hope that belongs to our call."

EPHESIANS 1:17-18

Reflection

Today's first reading tells the story of God's selection and anointing of David as the next King of the Hebrew people. Though only a youth, he was chosen for his simplicity and unassuming ways. Humility makes space for God and the many gifts God seeks to pour forth within us. It is God's abiding presence and relationship that prepares us to live in the manner of Jesus and the ways of God.

Each person's relationship with God is unique and we each reflect the face of God distinctively. The ideal is to be conscious of God's abiding presence in our

lives and to act with humility within God's desire for us. Both humility and knowing God's desire require that we develop an enlightened heart, sensitive to the subtle presence of God. We are called to receive the fullness of grace, to allow ourselves to be shaped by our deepening relationship with God and come into the fullness of who we are called to be. We always have a choice to say yes or no to all that God offers us.

Jesus came to reveal who God desires to be for us. Jesus shows us the way to deeper faith and hope that opens us to intimate relationship with the God of Life. Perhaps reflecting on the God-like qualities Jesus demonstrated can assist us to choose life as he did. Taking on the ways of Jesus necessitates self-knowledge, recognizing with humility all that we have been given and allowing gratitude to shape our receptivity. In a place of gratitude for God's love, we are free to be aware of all that stands in the way of belonging more completely to God.

Let us open our hearts to be filled with God who is love -- believing that God is always with us. Let us pray to be filled with all that awakens us to the presence of God in each person and circumstance of life.



© Emmanuel Huybrechts

"Heart of Light" by Manu_H is licensed under CC BY 2.0. To view a copy of this license, visit <https://creativecommons.org/licenses/by/2.0/?ref=openverse>.

For Pondering

- What awakens me to God in my life?
 - What causes resistance or blocks a deeper relationship with God?
 - What grace or blessing do I need from God to come into wholeness and integrity?
-

For Prayer

*Emptied of self,
I pray that the space created in this emptying to be filled
with the gifts and graces which lead to the fullness of life that Jesus promised.*

Jesus, fill me with your openness
Jesus, fill me with your truth
Jesus, fill me with your zeal
Jesus, fill me with your faith
Jesus, fill me with your trust
Jesus, fill me with your love
Jesus, fill me with your joy
Jesus, fill me with your peace
Jesus, fill me with yourself
Jesus, fill me with all good

**If you enjoy reading our reflections and would like to make
a donation towards this ministry, click the button below!**

Support CSD



Center for
Spiritual
Development

COMPANIONS ON THE
SACRED JOURNEY



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street, Orange, CA 92868 714-744-3175

[Unsubscribe slongbotham@csjorange.org](mailto:slongbotham@csjorange.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by thecsd@csjorange.org