

May 7, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH EASTER

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SPIRITUAL HOME

By Sister Jayne Helmlinger, CSJ

Excerpts from Today's Readings

Beloved: Come to him, a living stone, rejected by human beings but chosen and precious in the sight of God, and, like living stones, let yourselves be built into a spiritual house...

You are "a chosen race, a royal priesthood, a holy nation, a people of his own, so that you may announce the praises" of him who called you out of darkness into his wonderful light.

1 PETER 2:4-5, 9

Jesus said to his disciples: "Do not let your hearts be troubled. You have faith in God; have faith also in me. In my Father's house there are many dwelling places... Amen, amen, I say to you, whoever believes in me will do the works that I do, and will do greater ones than these, because I am going to the Father."

Reflection

The readings from today urge us, people of faith, to place our trust in God. Jesus continues to teach the disciples that they are to carry forth his works of mercy. Jesus reminds them that to know him is to know the One who sent him, asking them, “Do you not believe that I am in the Father and the Father is in me?” Jesus is saying, if you trust God, trust me.

Jesus continues to preach this message to us today. Like the first disciples, we are to carry on the works that were a part of Jesus’ ministry; we are asked to do the very same and more! This is one of the foundational questions to ask ourselves: Do we put our faith into action? We must recognize that if we truly trust God, trust in Jesus’ life, death and resurrection, then our lives must bear witness to this belief.





Photo by Sr. Jayne Helmlinger , CSJ
Sacred Heart Chapel, Orange, CA

Spiritual Home

*O Cornerstone of our existence
may our lives reflect the light you offer.
Out of the darkness of death you rose,
bringing hope of eternal life to your followers.*

*A spiritual home you provide
if we place our trust in you.
Urging us to serve
through generous works of mercy
in the footsteps of your first disciples.*

*Let our belief in you grow stronger
with each passing day
trusting in the Holy Spirit
the light that guides our way.*

*We live our lives in faith
forgetting not the sacrifice paid
for we are your people
in faith, hope and praise.*

JAYNE HELMLINGER, CSJ

For Pondering

- As you reflect on the words “spiritual house,” what does this say to you?
 - What comes to mind as you read “whoever believes in me will do the works that I do and will do greater ones than these”? Take these words to heart and see where the Spirit leads you.
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For Prayer

O God of the Light, we pray for the courage to be light in our world. May we answer your call to discipleship in the daily encounters of our lives. Let us seek out those people and places in need of your life-giving Word. Amen.

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