

Daily Reflections



Center for Spiritual Development

ADAPTING WITH GRACE

By Lucy Dominguez

Today's Gospel

*The scribes and Pharisees said to Jesus,
"The disciples of John the Baptist fast often and offer prayers,
and the disciples of the Pharisees do the same;
but yours eat and drink."
Jesus answered them, "Can you make the wedding guests fast
while the bridegroom is with them?
But the days will come, and when the bridegroom is taken away from them,
then they will fast in those days."
And he also told them a parable.
"No one tears a piece from a new cloak to patch an old one.
Otherwise, he will tear the new
and the piece from it will not match the old cloak.
Likewise, no one pours new wine into old wineskins.
Otherwise, the new wine will burst the skins,
and it will be spilled, and the skins will be ruined.
Rather, new wine must be poured into fresh wineskins.*

*And no one who has been drinking old wine desires new,
for he says, 'The old is good.'"*

LUKE 5:33-39

Reflection

The only constant in our lives is change, a truth that became evident when I married. As a single woman living independently, I could structure my days as I pleased. One of my favorite parts of each day was waking up to silent prayer time. During these moments, I connected with Jesus, emptied myself to make space for Him, and engaged in discernment and deep listening.

After I got married, I discovered that my husband loved waking up to music in the mornings. He enjoyed starting his day with bands like Muse, a rock band, and the Cumbia Kings, a Latin group with rhythmic sounds. This change in my life initially caused conflict and was even painful. How would we adjust to this new reality?

Much like the parable Jesus shared, we found that our old ways could not accommodate the new dynamics of our life together. We needed a fresh approach, a new "wineskin," to hold the "new wine" of our shared mornings. Though challenging, we understood that we both had needs that deserved to be met. Now, we share our morning time, sometimes enjoying the peace and quiet and other times embracing the loud and fun energy. Adapting to and embracing this change has brought peace to our home, allowing us to experience the goodness of both approaches.

Jesus' parable teaches us that new circumstances often require new responses. Holding on too tightly to old ways can lead to conflict and discomfort, like pouring new wine into old wineskins. People usually cling to the familiar and comfortable, even when a better option is available. We can find harmony and joy in our evolving lives by being open to change and willing to adapt. This reading encourages us to welcome change with an open heart, trusting that it can lead to growth, deeper understanding, and greater fulfillment.



A Christian Themed Illustration
Photo by Tara Winstead

For Pondering

- In what ways might God be calling you to let go of old patterns or routines? How can you open yourself to the fresh opportunities and experiences He is offering?
 - How can you discern God's voice guiding you toward new beginnings? What steps can you take to align your actions with His vision for your life?
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For Prayer

A Prayer in Times of Transition

*Guide of Weary Travelers,
take my hand as I wander
through the unnamed wilderness
in search of my true Home.*

*Companion of Those Who Journey,
assure me of your presence
while I search aimlessly
in the foggy land of "don't know."*

*Source of Wisdom and Guidance,
be the Star that leads me,
shine truth onto my path
and bless me with direction.*

*Wings of Shelter,
embrace me with your comfort
when the road is lonely
and life feels desolate.*

*Wellspring of Hope,
be my source of courage,
my fountain of faith
when I teeter toward despair.*

*Wind of Spiritual Liberation,
enter and unleash any shackles
that bind and restrict me
on the path of true freedom.*

*Heart of Compassion,
taste my tears,*

*heal my old wounds,
rest my pain in your love.*

*Bounteous Power,
dance in my bones,
sing in my spirit,
energize me toward action.*

*Endless Joy,
infuse my wilting spirit
with radiant vitality
and the sweet savoring of life.*

JOYCE RUPP

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