

March 18, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

Photo by Alan Carrillo from Unsplash

HUMBLE MERCIES

By Julie Mussché

Excerpts from Today's Readings

For it is love that I desire, not sacrifice, and knowledge of God rather than burnt offerings.

HOSEA 6:6

[Jesus addressed this parable:] “But the tax collector stood off at a distance and would not even raise his eyes to heaven but beat his breast and prayed, ‘O God, be merciful to me a sinner.’ I tell you, the latter went home justified, not the former; for everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.”

LUKE 18:13-14

Reflection

What is mercy? Certainly, Lent is a time for mercy—for asking for God’s mercy, and for extending and acting with mercy. There are two approaches to defining mercy, one implies someone is in a position of authority who gives a less harsh punishment for some transgression. The other definition ties to acts of compassion toward one who is suffering. In Hebrew, the word for mercy, *rachamin*, has the same root as a mother’s womb. This would imply a mother’s love, infinite, protective and desiring life, and wholeness for the life she carries. A womb offers nourishment and a temporary home and requires a fundamental and critical connection between the mother and the forming person. It is a relationship of caring, responsibility and selflessness.

During Lent, there is a focus on the Corporal and Spiritual Works of Mercy. While a traditionally Catholic practice, it is not exclusively so. The idea of mercy being a selfless act of love looks to bring it home to a place of intent and in returning to the heart of Christian teaching.



Photo by Sarwer e Kainat Welfare from Pexels

Corporal Works of Mercy

The corporal works of mercy are kind acts by which we help our neighbors with their material and physical needs.

- feed the hungry
- give drink to the thirsty
- clothe the naked
- shelter the homeless
- visit the sick
- visit the imprisoned
- bury the dead

Spiritual Works of Mercy

The spiritual works of mercy are acts of compassion by which we help our neighbors with their emotional and spiritual needs.

- counsel the doubtful
- instruct the ignorant
- admonish sinners
- comfort the afflicted
- forgive offenses
- bear wrongs patiently
- pray for the living and the dead

FROM LOYOLA PRESS

A Lenten Moment

You are invited to take a moment to consider and reflect on the Corporal and Spiritual Works of Mercy. How do they speak to you, where do you feel God is leading you? Continued blessings on your Lenten journey!

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

[Support Us Here](#)



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 knuernberg@csjorange.org](mailto:knuernberg@csjorange.org)

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

Sent by theccsd@csjorange.org