

September 23, 2025

Daily Reflections



LOVE AND RESPECT

By Alicia Rodriguez

Today's Gospel Acclamation

Blessed are those who hear the word of God and observe it.

LUKE 11:28

Reflection

I live in a rather noisy household. My two younger brothers, my dad, and I are all musicians. Growing up we would often practice our instruments at the same time but not with each other. In one room there would be an electric guitar practicing rock, in another room there would be a saxophone practicing jazz. From the living room I could hear my dad's acoustic guitar playing ballads and from my room they would hear me playing classical music on my piano. It was a chaotic mess, but when we took a break or switched to a different workbook, we could hear each other and just listen in admiration for our gift of music.

These days, there is a lot of chaotic noise surrounding me. I am going through a transitional period in my life and the business of all the little things that I need to address makes it hard to pause and hear what God is saying to me.

My fiancé and I are nearing the final months before our wedding and have been trying our best to get all the finishing touches, while also looking at places to live. It is very noisy and busy and at times it feels as if I don't have any control of my life because I have to make myself available for any meetings that we may have with our vendors, realtor, and church.

Feeling overwhelmed by everything, realizing that I haven't been paying much attention to my prayer life, and knowing that my life is going to be getting even busier in the next few months, I have adapted my prayer life to hear the word of God through others.

Lately at church, I focus more on the words in the readings, the homily, and the songs we sing, looking for what God is intending for me to hear. I have noticed that it has made me more observant of what is going on, and the people around me. I notice how the choir has some children in it and that their voices bring a cheerfulness that feels like a warm embrace. I've noticed that one priest at my church repeats "love our dear neighbor" multiple times in all his homilies. I've noticed that one of the hymns I've been singing contains all the words to my favorite prayer.

In focusing on hearing God's word in the everyday moments of my life, I have become more aware of other people's talents, passions, and emotions. It has made me feel even closer to my community because I can now see that we are all different instruments in this symphony of life, and in order to play together, we must acknowledge one another.

"Blessed are they who hear the word of God and observe it" to me translates as "Blessed are you who hear that we must love and respect one another, and who do so."



Piano
Photo by Alicia Rodriguez

For Pondering

- What does “*blessed are they who hear the word of God and observe it*” mean to you?
- What are some practices that can help you hear God’s word?
- How do you observe what you hear God saying to you?

For Prayer

*Heavenly Creator,
Who with Your breath gave life to the world,
Help me to hear Your words and observe them,
So that I may be closer to You and the world around me.
Amen*

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