

July 3, 2024

Daily Reflections



Center for Spiritual Development

FEAST OF SAINT THOMAS, APOSTLE

By Jane DeLisle, CSJ

Today's Gospel Acclamation

*"You believe in me, Thomas, because you have seen me, says the Lord;
blessed are those who have not seen, but still believe!"*

JOHN 20:29

Reflection

Today is the feast of St. Thomas, the Apostle who is best remembered for doubting the Resurrection until he was allowed to touch Christ's wounds. Perhaps Thomas needed confirmation of the truth of the resurrection within the context of community. He was not with the others when they encountered the risen Jesus.

In a time of great emotional turmoil ignited by the arrest and death of Jesus, Thomas sorted through the disorienting melee of fear, anxiety, and doubt. He did not blindly accept the word of others. Thomas needed to check out the

facts. Checking out the facts is a skill we all could develop in our own day.

“You believe in me, Thomas, because you have seen me, says the Lord; blessed are those who have not seen, but still believe!” alludes to all of us who have come after Thomas. I reflect on the strength of my own faith in Jesus and in God. *What evidence is there in my own manner of living that I am a woman of faith? Do I believe that God is with me always?* As a Spiritual Director I know that most people struggle with faith in God from time to time. Doubt or questioning are not the last word, for God never gives up on us. There is a wonderful witness in Thomas’ encounter which bolsters my own ups and downs of faith.

Perhaps we might look at Thomas’ most explicit statement of faith in the New Testament: ***“My Lord and My God!”*** (John 20:24-28). In so expressing his faith, Thomas gave Christians a prayer that will be said till the end of time. I have said this prayer many times over my life, and I have been bolstered with sustaining grace.

Thomas exercised the truth of his statement of faith. He followed the commission of Jesus, *“to go out to all the world and tell the good news.”* According to some traditions, Thomas spread Jesus’ teachings to India, which led to his martyrdom by decapitation. Seems like strong faith born of redeeming grace to me.

Hymn writer Henry Alford wrote the hymn, ***‘We Walk By Faith, And Not By Sight’*** in 1844, when he was around 34 years old. He was presumably inspired by the line from 2 Corinthians 5:7: *‘We walk by faith, and not by sight’* (Classical-Music.com). Reflecting on the words may offer insight into one’s own faith journey.

WE WALK BY FAITH, AND NOT BY SIGHT

*We walk by faith, and not by sight; no gracious words we hear from Him
who spoke as none e’er spoke, but we believe Him near.*

*We may not touch His hands and side, nor follow where He trod; but in His
promise we rejoice and cry, “My Lord and God!”*

*Help then, O Lord, our unbelief; and may our faith abound to call on You
when You are near and seek where You are found.*

*That, when our life of faith is done, in realms of clearer light, may we behold
You as You are with full and endless sight.*



"The Incredulity of Saint Thomas" by tableatny 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 evidence is there that I am a person of faith, of belief that God is with me always?
 - What is the strength of my belief?
 - With which tenets of my faith tradition do I struggle?
-

For Prayer

*Breath of the Spirit of God,
you place faith within me.
"My Lord and my God,"
I give thanks and praise for the faith given
as pure gift of your great love for me.
Although I may not see clearly, I am confident that you guide my way.
I ask that you increase my faith.
You enlighten the center of my soul, O God,
with faith that endures though all the rambling paths of my life.
I rejoice in your abiding presence and great love.
Amen.*

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 US

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