

March 10, 2025

Daily Reflections

Journeying through Lent



Center for Spiritual Development

AN INVITATION AND A CHALLENGE

By Sister Jane DeLisle, CSJ

Today's Verse Before the Gospel

*Behold, now is a very acceptable time;
behold, now is the day of salvation.*

2 CORINTHIANS 6:2b

Reflection

Today we are given the ten Commandments as a source of reflection. In pondering these ancient commands, I realize that they are the minimum for living in God's ways. They are certainly worthy of my reflection. However, a fuller integration and relationship are essential to my Lenten journey of transformation.

I sense within me a deeper invitation to greater intimacy with God, that requires reflection and discernment of my own motivation under the choices I

make. St. Teresa of Avila said that “***one never outgrows the school of self-knowledge.***” Thus, coming to know my inner motivation for my words, actions, and feelings is essential. Discovering my own motivations is a tough thing, since motivations are subconscious. Only purposeful reflection and courageous honesty will reveal what I need to know about myself, so I might open to the grace of transformation.

In the Gospel for today, **Matthew 25:31-46**, the sheep are separated from the goats based on my “doing for others what I would do for Jesus.” Currently, there are so many genuine needs among us, and a plethora of rationalizations about why or why not I would be concerned for other people. I am being challenged to suspend judgement and to respond with compassion, mercy, tenderness, and kindness, addressing the need before me as best I can in the moment.

God sees me and sees you, and all others as well. The thing is, God sees with compassion, not judgement. To see as God sees nudges my soul. I would love to hear God say to me, “Well done, good and faithful one who resembles God’s own heart.”

*“For I was hungry, and you gave me food,
I was thirsty, and you gave me drink,
a stranger and you welcomed me,
naked and you clothed me,
ill and you cared for me,
in prison and you visited me.”*

MATTHEW 25:35-36



Photo by Sister Jane DeLisle, CSJ

For Pondering

- What is my attitude toward those who struggle to meet daily needs, people of color, immigrants, the unhoused, the undocumented?
- What personal experience and motivation has shaped this attitude?

- How am I being invited to change and what steps can I take to live this Scripture?
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For Prayer

Jesus, teach me the truth about myself and to gradually empty myself of all that stands in the way of following you more closely.

Empty me from all my pride.

Jesus, empty me.

Empty me from seeking power.

Jesus, empty me.

Empty me from my jealousy.

Jesus, empty me.

Empty me from all my fears.

Jesus, empty me.

Empty me from judging others.

Jesus, empty me.

Empty me from my masks.

Jesus, empty me.

Empty me from my selfishness.

Jesus, empty me.

Empty me from putting myself down.

Jesus, empty me.

Empty me from all my doubts.

Jesus, empty me.

Empty me from dishonesty.

Jesus, empty me.

Empty me from all evil.

Jesus, empty me.

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