

October 9, 2025

# Daily Reflections



## SEEK AND FIND

By Alicia Rodriguez

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### An Excerpt from Today's Gospel

*"And I tell you, ask and you will receive; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. What father among you would hand his son a snake when he asks for a fish? Or hand him a scorpion when he asks for an egg? If you then, who are wicked, know how to give good gifts to your children, how much more will the Father in heaven give the Holy Spirit to those who ask him?"*

**LUKE 11:9-13**

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### Reflection

Today's gospel is one of my favorites. It is a reminder that we shouldn't shy away from letting God know what we desire.

Over the course of my life I have learned to adapt my prayers to the format of a sandwich. I start with thanksgiving to God, followed with a conversation to check in with God and myself, and then I let God know the prayers that I would like answered. After I tell God my prayers, I once more converse with God to reflect on how my prayers might have altered me from how I was before. After that I once more give thanks and finish my prayer time by saying, "Let it be done according to Your will, not mine."

By using this model of a "prayer sandwich" I can stay focused on what my intentions are and I don't get easily distracted. It allows me to feel comfortable and open up to God without any shame. When I add, "Let it be done according to Your will, not mine," I do it to help me understand that if I do not receive an answer to my prayer it is because God is protecting me from something that I do not need and has something better in store for me. Knowing that has made me a very patient person because I have learned to trust God's timing over my own.

There have been many instances where I have asked and received, although it wasn't always dramatic and obvious that God was answering my prayers. Often there have been small subtle things that happened over a long period of time in which I encountered several different people that helped to get my prayer answered ... without them even realizing the important role that they had played.

I give thanks for all that God has done for me and I look forward to being a small piece in answering someone else's prayer.

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Wheat Bread Sandwich



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## For Pondering and Prayer

Use the model of the prayer sandwich to converse with God and allow the desires within your heart to be seen.

- Give praise and thanks.
- Start a conversation.
- Ask for what you need or desire.
- Continue the conversation.
- Give praise and thanks.

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