

October 12, 2024

Daily Reflections



Center for Spiritual Development

TESTIMONY OF OUR LIVES!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

The Lord remembers his covenant forever.

Sing to him, sing his praise, proclaim all his wondrous deeds. Glory in his holy name; rejoice, O hearts that seek the LORD!

Look to the LORD in his strength; seek to serve him constantly. Recall the wondrous deeds that he has wrought, his portents, and the judgments he has uttered.

You descendants of Abraham, his servants, sons of Jacob, his chosen ones! He, the LORD, is our God; throughout the earth his judgments prevail.

PSALM 105:2-7

Reflection

*During this week of reflections, I will be using the acronym HARVEST. Each day the focus will be on the letter for that day as noted below. I'm using the theme of fall and autumn and how this season can be used as a kaleidoscope to reflect on our life with God. As this is Saturday, the word of focus is **Testimony**.*

Sunday ~ H: Harmony

Monday ~ A: Awesome

Tuesday ~ R: Rejoice

Wednesday ~ V: Vibrant

Thursday ~ E: Everlasting

Friday ~ S: Steadfast

Saturday ~ T: Testimony

When I hear the word “Testimony” I immediately think of giving my account of what I have witnessed and experienced. I heard or read this statement: If I were put on trial for being a disciple, who would testify on my behalf? How would I “defend” myself as I testified? It’s an interesting take on how any of us are living our faith. Are we consistent? Are we diligent? Are we committed? Are we steadfast? What we do each day, what we say outwardly and inwardly, gives testimony to our inner disposition and spiritual well-being. It can be enlightening to spend some quiet time and write how you would testify before a court about your faith. It is another take on “harvesting” the fruits of your labor – your faith in action.

Elements of this testimony could be how we pray and how often we pray. Another question to ponder is for what do we pray? How do we love? How generously do we give of ourselves without counting the costs? There are so many ways to approach this fictional testimony and get glimpses and insights into where we might need a course correction in our lives. It’s not about beating ourselves up; it is about fulfilling our baptismal commitments to be a contributing member of the Body of Christ.

As this week draws to a close, I offer the following prayer.

God of the Harvest

O God of the Harvest of life, may we continue to live into the seasons of our lives, planting seeds and tilling the internal terrain of our being, creating that sacred space within where your divinity touches our humanity.

May our bounty be plentiful in the fields of our lives. May we bloom where we are planted and keep ourselves turned toward the sun/Son. May we be filled with the deep desire to allow our faith to shine forth no matter the

circumstances of our lives.

With the turn of each new season, may we be steadfast in our commitment and love of you, O God. May our hopes and desires be directed toward one end – the love of you and all creation.



Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Spend some time reflecting on your own testimony about your faith. Rejoice when you recognize where you are living into your best self. If you find yourself wanting, then identify one way you can make a course correction.
 - As you look back upon this week where we've journeyed with the word "harvest," what are the key words or insights that you gleaned from your prayer?
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For Prayer

*We pray for all that needs harvesting in our lives.
May our lives lived in faith give testimony to what most matters to us in life.
May we seek to be bountiful in our generosity
and embrace the gift of living life to the fullest.
Amen.*

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