

October 24, 2025

Daily Reflections



DESIRE GOOD!

By Sister Jane DeLisle, CSJ

An Excerpt from Today's First Reading

Brothers and sisters:

I know that good does not dwell in me, that is, in my flesh.

The willing is ready at hand, but doing the good is not.

For I do not do the good I want,

but I do the evil I do not want.

Now if I do what I do not want, it is no longer I who do it,

but sin that dwells in me.

ROMANS 7:18-20

Reflection

Have you ever made a resolution to address your health and well-being and then found yourself at Starbucks, Dunkin Donuts, or Baskin-Robbins for a

treat? Have you ever begun an exercise program only to slide back into sedentary ways? Or have you vowed to speak well of others who hold a different opinion, to find yourself raging at the TV news? Well, "Yes!"

The first reading today jumped off the page because I identify with the truth that while I intend to be good, do good, think good, I often disappoint myself as I catch myself mid-sentence, or in the midst of a judgmental statement about circumstances or people that I do not understand, or those whose value system is in stark contrast to my own.

While I do not always do the good that I intend to do, I seek forgiveness for my misdeeds in word or attitude. Daily I pray for the grace to reserve judgment, for "there but for the grace of God go I." I long to think positive thoughts and avoid "toxic" language about others or myself.

Our impressive and fragile world needs more peace, hope, joy, love, compassion, and mercy. May I be a conduit of God's goodness and find the noble, the holy, the beautiful in our midst. I seek to notice the fingerprints of God among us and see God's face in those I encounter each day, in person or on the evening news.

To be like Jesus, or to live in the manner of God who is Love, I am drawn to pray for the grace and the practice of positive thinking. I seek to send life-giving energy into the world, which is at once terribly flawed and yet beautiful. May I be an instrument of God's peace in all relationships, both personal and generic. May I see the good in the other, especially those who "live in a different world view" than mine.

May I always seek to step back from harsh, angry words and be a conduit of peace, hope, and mercy. I pray to be a life-giving, kind, and generous presence in our wounded world. Come, Holy Spirit, come!

A photograph of a person's back with a tattoo in a gothic-style font. The text of the tattoo reads: "for what i do is not the good i want to do; no, the evil i do not want to do- this i keep on doing." The tattoo is dark and appears to be on a light-skinned person.

For Pondering

Ask yourself:

- What is the good I intend and where do I fail to do it?
 - What grace and help from God do I ask?
 - How can I be a life-giving, hope-filled presence in the everyday?
-

For Prayer

*Lord, make me a faithful member of our community:
Where there is hurt, let me bring Healing.
Where there is unhappiness, let me bring Joy.
Where there is loneliness, let me bring Love.
Where there are illness and suffering, let me bring Comfort and Peace.
O Gracious God, grant that I may not ask what others are doing for me
But what I am doing for others.
Not to seek honor and praise,
But to rejoice in the accomplishments of others,
For if one member is honored, all are honored.
To listen with compassion, and not to crush the bruised reed.
For it is in living together as part of the Franciscan Family
That I will be received into Your eternal kingdom.
Amen!*

CONTEMPORARY VERSION OF THE PRAYER OF ST. FRANCIS

**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](#)