

August 13, 2025

# Daily Reflections



## HEART ON FIRE

By Sister Jane DeLisle, CSJ

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### Excerpts from Today's Readings

*"For where two or three are gathered together in my name,  
there am I in the midst of them."*

**MATTHEW 18:20**

***"Blessed be God who filled my soul with fire!"***

**PSALM 66:20a, 10b**

*Now Joshua, son of Nun, was filled with the spirit of wisdom,  
since Moses had laid his hands upon him ....*

**DEUTERONOMY 34:11**

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### Reflection

I don't know about you, but heartburn is a condition that I want to avoid. The burning sensation is miserable. Yet there is a "fire" within my soul that yearns for and seeks to be one with God and my neighbor. As promised by Jesus, an Advocate will be sent to us. His presence never leaves us. The longing I have experienced at various times in my life starts with a slow burn, a seeking for "I do not know what." As I awaken to the longing within me and spend time allowing this desire to speak, I realize that it is for the all-permeating, holy fire of the Spirit of God. I yearn to be one with the Divine.

This seeking within me comes from the dignity I bear by God's design. The imprint of God is already present and draws me toward God, and the things of God. Spiritually speaking, this is "desire" for all that is good and true, personal and deeply felt belonging to God, and a realization of God's indwelling presence of great love. Once experienced even briefly, I am left with a deep yearning for more of God.

In both Testaments, there are stories and witnesses to the sacred longing. The Psalmist writes for our pondering today, "Blessed by God who filled my soul with Fire!" Not everyone realizes that God is the source of our seeking. Instead, this sense of needing something more is, too often, dulled and filled with "stuff," more of whatever I think will make me feel good, valuable, and whole and will relieve the ache with me. I sometimes miss the fact that it is God nudging me to pay attention, to be still and allow my soul to speak. My truest self is rooted in God's great love for me.

In stillness and silence, I begin to recognize who I am and who I am called to be. In God's abiding presence, I can attend to all that blocks God's grace, discern the prodding of ego from the voice of the Spirit. Held in God, I am empowered to work through all that keeps me unfree. It is God's voice that reveals my sacred identity and God's Spirit and presence that lures me into my best self.

Through the practice of silence, reflection, and being with myself in God, I come to appreciate this innate belonging. The outside world loses some of its power over me, and I am better able to listen to the voice of the Holy Spirit accompanying me as I grow into the unique person God formed me to be, a reflection of an aspect God's presence in the world.

*Like Joshua, son of Nun, who was filled with the spirit of wisdom, since Moses had laid his hands upon him (Deuteronomy 34:11), I am receptive to being filled with the Spirit and guided through all the days of my life, to be a life-giving presence.*

I am not alone! God is always with me eagerly awaiting my response. And I am



part of a community of witnesses revealing the lavish love of God. *“For where two or three are gathered together in my name, there am I in the midst of them,” says the Lord.* (Matthew 18:20)

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Photo by Quang Nguyen Vinh

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## For Pondering

Ask yourself:

- When have I experienced longing for something more?
  - How have I responded to God’s invitation to deeper relationship?
  - Can I trace the experiences of a felt sense of God’s life-giving presence?
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## For Prayer

*God, protector of all who hope in you,  
without whom nothing has firm foundation, nothing is holy,  
bestow on me the abundance of your mercy.*

*For I know that with you at my side,  
I may use the good things that come to me in such a way*

*that I may hold fast to you  
and choose to be a positive influence on this world.  
Through your abiding presence, I can do all that is good, holy, and true  
even in the face of conflict and trouble.  
Amen.*

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