

March 9, 2023



Center for Spiritual Development

Daily Reflections

JOURNEYING THROUGH LENT

Photo by Alan Carrillo from Unsplash

LIFE-GIVING WATER

By Sister Jayne Helmlinger, CSJ

Excerpt from Today's Reading

Blessed is the one who trusts in the Lord, whose hope is in the Lord. This person is like a tree planted beside the waters that stretches out its roots to the stream; it fears not the heat when it comes, its leaves stay green; in the year of drought, it shows no distress, but still bears fruit.

JEREMIAH 17: 7-8

Reflection

This sacred time of Lent allows the seasons within us to change. Reflect a moment on your journey these past two weeks. If it has been anything like mine, I've experienced the drought of time constraints, the summer of life-giving relationships, the autumn of changing expectations, the winter of

competing priorities, and the spring of new and fresh encounters with people and with God.

I've experienced the soothing waters of life through the beautiful prayers of an Ash Wednesday retreat, coupled with the daily scripture passages that Lent affords us. This first reading from Jerimiah is a wonderful example as it is rich in nurturing and solidifying that no matter what is happening in life, we place our trust in God.



Photo by Sr. Jayne Helmlinger, CSJ

The Stream

*Flow gently,
O stream of life,
allow the roots of my longing
and desire for God
to find a home in you.*

*If the boulders and stones
of everyday life impede my progress,
gently guide my path around them.*

*Smooth the sharp edges of my being
by the power of your life-giving water,
freeing me to join in the flow of your creation.*

*May my journey in life add beauty
and presence as I offer my small pieces
to the waters of life.*

For Pondering

- What is the quality (not necessarily quantity) of the fruit of your daily life?
- How might your prayer become a gentle, life-giving stream, where you deepen your trusting relationship with God?

Closing Prayer

*Creator God, we pray for the grace to be streams
of your loving presence in the world.
We pray for all of creation
as we place our trust in you. Amen.*

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