

August 25, 2023



Center for Spiritual Development

Daily Reflections

Image by Christine Sponchia

GOD'S GREAT AND PERSONAL LOVE

By Sr. Jane DeLisle, CSJ

Today's Gospel Acclamation

"Teach me your paths, my God, guide me in your truth."

PSALM 25:4b, 5a

Reflection

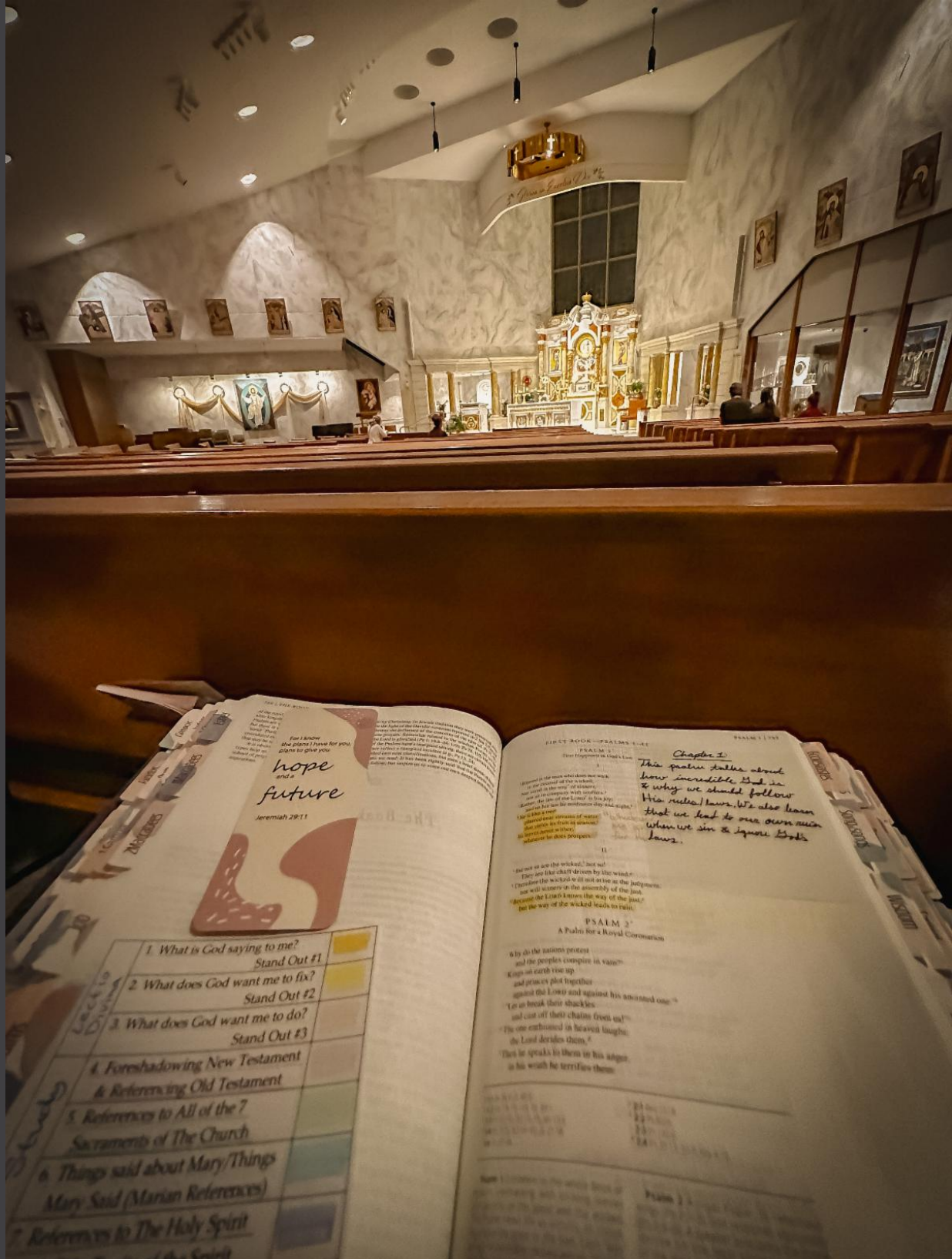
From my youth, I have been blessed to have had people to introduce me to God and to nurture a personal relationship with God. My dear mother, who always wanted to know more about her faith, saw to it that her children were surrounded by faith-filled teachers, so she sent us to Catholic elementary school. She learned her catechism and other faith practices and traditions along with us. She instilled in us God's abiding care and concern. "Jesus is with you, always!" Her own desire to know God and her Catholic faith rubbed off on her children.

Knowing that God cares, is interested in me, and sustains me in life has been a

consistent realization for me. I also inherited my mother's deep desire for others to know God and God's great and personal love for them. Thus, I am a Sister of St. Joseph of Orange, given to the love of God and neighbor, serving through all the spiritual and corporal works of mercy.

To know, dwell in, and witness to God and God's ways is a life-long process of learning and relationship. Being aware of my inner desire for God, which is a gift of God's self, deepens and expands through conscious alertness to all around me. It is also important to be held in God's presence through silence, reflective being, and prayer.

For a while now, I find that ending my time of prayer with scripture, with a simple version of Centering Prayer for 10-20 minutes, seems to help me be more available to God's abiding presence and deepening awareness of God in the ordinary. You may want to try a version of centering prayer.



St. Martin de Porres Church, Yorba Linda, CA
Photo by Alicia Rodriguez

For Pondering and Prayer

What word or phrase stays with me after reflecting on Scripture of the day?

Examples: **"Teach me your paths, my God, guide me in your truth."**

PSALM 25:4b, 5a

- Select a sacred word or phrase to say: "Teach me" or "Guide me" or "My God."
 - Slowly repeat the phrase, allowing it to center your attention.
 - Gradually let go of the word and simply be silent and still deep within.
 - When distracted, simply return to the word to re-center.
 - When ready, come up gently from your prayer.
 - Close with a simple prayer that flows from your experience.
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