

October 8, 2024

Daily Reflections



Center for Spiritual Development

REJOICE!

By Sr. Jayne Helmlinger, CSJ

Today's Responsorial Psalm

Guide me, Lord, along the everlasting way.

O LORD, you have probed me and you know me; you know when I sit and when I stand; you understand my thoughts from afar. My journeys and my rest you scrutinize, with all my ways you are familiar.

Truly you have formed my inmost being; you knit me in my mother's womb. I give you thanks that I am fearfully, wonderfully made; wonderful are your works.

My soul also you knew full well; nor was my frame unknown to you when I was made in secret, when I was fashioned in the depths of the earth.

PSALM 139:1B-3, 13-15

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. Since this is Tuesday, the word I'm focusing on is *Rejoice*.

Sunday ~ H: Harmony

Monday ~ A: Awesome

Tuesday ~ R: Rejoice

Wednesday ~ V: Vibrant

Thursday ~ E: Everlasting

Friday ~ S: Steadfast

Saturday ~ T: Testimony

Psalm 139 fits perfectly with the word "rejoice" because we are each called to rejoice in the wonder and splendor of the God who created us all. The words "I give you thanks" require a response from us, too. Can we rejoice in the gift God has created us to be? Can we realize, in the depth of our being, that our very lives reflect the joy found in all of creation?

When I add the acronym for this week, HARVEST, I find a connection between rejoicing and harvesting. Autumn, as a season of change, is a wonderful metaphor as we reflect on all that has transpired in our lives. When have you and I experienced joy? How do we authentically rejoice in the God who has created each of us into being?

When we rejoice, we release something within us that has a ripple effect both internally and outwardly. Internally, when we rejoice there is a deep and resonating sense of joy and wonder within us. When we rejoice, we experience the joy around us as others join in. It is a direct reminder of both the individual and communal rhythm of our lives and how much we impact and influence others by our mere presence.

When we harvest, we take in and share the bounty of our labors. I grew up in Ohio, where harvesting is a natural part of life, and I'm reminded of this as the farmers harvest crops for their livelihood and provide food for the rest of us. When we harvest the gifts God has planted within each of us, we can share those gifts and provide spiritual nourishment for ourselves and others.



Vermont
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- For what do you rejoice for in your life? In the lives of others?
 - When you harvest the gifts within you, how do you share them with others? What are these gifts God has given you?
 - What does the word “rejoice” mean for you in your relationship with God? Self? Others?
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For Prayer

*Harvester God,
may we take stock of all you have planted within us
and may we generously share this harvest with others.
May we take the time to rejoice in our relationship with you
and may our song spring from the heart of our very lives.
Amen.*

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