

March 24, 2025

# *Daily Reflections*

## *Journeying through Lent*



Center for Spiritual Development

### **VIA DOLOROSA**

By Julie Mussché

---

#### **Reflection**

Lent invites us to companion suffering as we journey through the sacred season. Whether we “give something up” as a sacrifice, pray more frequently and intently, or enact the Corporal and Spiritual Works of Mercy, it is a time of preparation where we’re asked to stretch ourselves spiritually. The culmination of the sacrificial time during Holy Thursday and Good Friday immerses us in the horrors of torture and pain, the end result being our redemption and Christ’s Resurrection. While divine, Jesus suffered in a very human way, and it’s startling to be a witness to that suffering over time and space. We are privy to the intimate journey of grief, a mother’s loss of a child, the loss of a friend, a cosmic connection we can all share in.

What is so compelling about the human condition of suffering? Sushmita Mukherjee shares, “Thus suffering is what we carry, what we bear, and what we labor under. The experience of suffering is universal.” (“Sitting with Suffering: A Task for Spiritual Companions.” *Presence*, Vol. 26, No. 2, June 2020) Of late,

we have been drenched in suffering: with lives lost, people struggling with a world in seeming chaos, those dealing with belonging as immigrants or of being the “other,” hunger and being unhoused, and unemployment. It can be overwhelming. The call to care for those experiencing, and to ease, suffering is clarion. In the holy action of being present to and responding to suffering, the seed of compassion is planted and emerges as fruits of empathy, mercy and acts of kindness.

Micah 6:6-8 begs the question, “With what shall I come before the Lord and bow down before the exalted God?” And the response, “And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.” Acts of sacrifice and penance are interwoven with those of humility, mercy and compassion and in particular during this Holy time. What are you packing in your Lenten pilgrim’s bag this year?

---



Pietà at St. Patrick's Cathedral  
Photo by Julie Mussché

---

### For Pondering

- Think back to your first recollection of Lent. What memory stands out for you?
- What traditions have you carried with you?



- How does suffering enter into your Lenten journey?

---

## For Prayer

*Heading toward Jerusalem  
I don't know what I'll see  
I'm just asking, Lord  
that you'll companion me;*

*The road up to Calvary  
is steep and forlorn  
I'd like to help carry the Cross,  
its weight is barely borne;*

*Help me to be present  
to the suffering where I can  
It may cross my path  
who knows where or when;*

*The fact is, you gave your all  
my soul to set free  
Heading toward Jerusalem  
hoping you'll companion me.*

*Amen.*

---

**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](tel: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](#)