

June 5, 2024

Daily Reflections



Center for Spiritual Development

STIR INTO FLAME THE GIFT OF GOD

By Sr. Jane DeLisle, CSJ

Excerpt from Today's First Reading

I remind you to stir into flame the gift of God that you have through the imposition of my hands. For God did not give us a spirit of cowardice but rather of power and love and self-control.

2 TIMOTHY 1:6-7

Reflection

As I read the first reading today from the letter to Timothy, my heart leaped to attention as my eyes fell upon ***“I remind you to stir into flame the gift of God.”*** This is not the first time my heart stirred at these words of encouragement. Over the years these words have consistently captured my heart and imagination. Attending to them is essential.

The stirring comes from a deep desire to be a woman of God, to live the promise and hope of God with fidelity. The gifts of God in my life have

deepened my desire for God, motivated my ministry, and invited me to know my strengths and limitations. With God I ponder all aspects of my life. The “flame” of God’s great love sheds light on my inner disposition, helping me choose to move from ego space to soul space. The shift does not always come easily, but the grace is always present.

“Stirring into flame the gift of God” necessitates living on a conscious level below the surface of the day-to-day realities. The image of stirring into flame quiet embers that seem harmless and dormant is an apt image of the spiritual journey. I ask myself, how do I stir up my inner reality? What does this felt sense reveal?

Daily prayer and pondering the scriptures serve as a beacon of light upon my life as I ask myself what the readings have to say to me personally. Such reflection enables me greater self-awareness as I recognize my motivations. Knowing what pushes me around allows me to call upon God’s help and to choose my response, rather than simply react to life circumstances and my own emotions.

Meditation on scripture leads me to centering prayer, a dwelling in the word or phrase that catches my attention. Centering prayer is where I simply rest in the silent presence of God opening to God’s designs for me. Being held in God is a vital means to awaken me to God’s invitations.

The bookend practice that is helpful is that of the evening examen, when I look back on the day and my response to all its encounters and demands. In the light of God’s gaze within me, discernment of what spirit is at work within and around me is a constantly honed skill, gift, and practice. Thanks be to God through whom all things are possible.



Bonfire at Night
Photo by Stephan Seeber

For Pondering

- How is the gift of God stirred up in your life?
 - What are the tell-tale signs of God's abiding presence and invitation to you?
 - For which gifts of God are you most grateful?
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For Prayer

*Lord Jesus, I ask you now to help me to remain with you always.
Please, keep me close to you with all the ardor of my heart.
Help me to take up joyfully the mission you entrust to me each day.
Teach me to be your great love and proclaim your presence.
May my living of the good news of your life and resurrection
proclaim your presence in the world.
Amen.*

ADAPTED FROM CARLO MARIA MARTINI, SJ

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