

November 8, 2023



Center for Spiritual Development

# *Daily Reflections*

Image by Christine Sponchia

## **TRUST IN GOD**

By Sr. Jayne Helmlinger, CSJ

### **Excerpts from Today's First Reading & Responsorial Psalm**

*Owe nothing to anyone, except to love one another; for the one who loves another has fulfilled the law. ... Whatever other commandment there may be, are summed up in this saying, namely, "You shall love your neighbor as yourself."*

**ROMANS 13:8-9b**

*He dawns through the darkness, a light upright; he is gracious and merciful and just.*

**PSALM 112:4**

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**Reflection**

During this week I am using the word AUTUMN as an acronym to reflect on each day's readings. For today, the word is TRUST. For context, the words from Monday's and Tuesday's reflections are included, as well as the words for the rest of the week.

### **AUTUMN**

A: Awe

U: Understanding

**T: Trust**

U: Underneath

M: Mighty

N: Nature

Think how many times we've heard the words "you shall love one another as yourself." These words flow easily from our mouth, and yet, they are incredibly difficult to fulfill every day.

First, loving oneself can sometimes be a difficult command from God. How often has self-doubt crept in, and "love" is not the word you use when you look in the mirror. Perhaps you've experienced what I've experienced at different times in my life where I compare myself to others and my self-assessment falls short; once again, love is not an accurate word to use when thinking about myself.

If loving our neighbor as ourselves is what we're supposed to do as followers of Jesus Christ, then we have work to do! At the heart of this work is trusting that we are lovable, and we are worthy of God's love. We were created in the image and likeness of God; who are we to reject God's creation? Today, spend some quiet time and allow yourself to take in the love God has for you. In this way, as your day unfolds, you can embrace the call to love your neighbor as yourself.

### **Reflection on the Stanza from Psalm 112**

The words, "he dawns through the darkness" are stunning in their depth and breadth of meaning. So many images come to mind: the beauty of the breaking of dawn, the glow of the full moon on a cold winter's night, and the hint of sunshine right after a storm.

Just as stunning is the realization of God's inbreaking presence in our lives in the midst of grief, loss, loneliness, or depression. I can recall in my own life when I experienced the "dark night of the soul" as St. John of the Cross so eloquently wrote, where the Spirit's presence was that glimmer of hope that all would be well even though in the depths of my soul it was hard to believe. It

was trusting in the Beloved that got me through.

I offer this prayer in response:

Breakthrough, O Spirit of God, anything that separates me from you. Remind me that your light never fades; it is my own human limitations that sometimes impede my way to you.

Breakthrough, O Spirit of God, each morning I arise, embracing my being in the cosmic energy of your light. May this day unfold gently as I seek to love my neighbor as myself.

Breakthrough, O Spirit of God, as darkness falls each night. May my ponderings of this day just traversed shed light on where I experienced your presence and love.

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Sidney, OH  
Photo by Sr. Jayne Helmlinger, CSJ

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### **For Pondering**

- How difficult is it for you to trust God in the peaks and valleys of your own life? What does the word “trust” evoke in you?
- How has “God dawned through the darkness” of your own life?
- How might you be an instrument of God’s light as this day unfolds? You

could be the dawn in the darkness of your neighbor's life this day!

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## For Prayer

*O God of Light and Love,  
may we look to you as we begin (or end) this day.*

*May our thoughts, words and actions  
point to a positive response of loving our neighbor as ourselves.*

*Let us be light where darkness veils your presence,  
and may we embrace the difficult moments  
that inevitably come our way with trust and hope in you.*

*Amen.*

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