

Daily Reflections



Center for Spiritual Development

PRESENCE MATTERS!

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An Excerpt from Today's Gospel

“Stop judging and you will not be judged. Stop condemning and you will not be condemned. Forgive and you will be forgiven. Give and gifts will be given to you; a good measure, packed together, shaken down, and overflowing, will be poured into your lap. For the measure with which you measure will in return be measured out to you.”

LUKE 6:37-38

Reflection

Why, at times, does it seem easier to slip into being critical of self or others in our lives? Have you ever found yourself being the judge and jury of someone else's life? This passage from St. Luke is clear and direct in letting us know this is not where our focus needs to be.

If we flip this passage to the positive, we can direct our lives toward:

- seeing the good in everyone, rather than judging others.
- giving praise for another's efforts.
- giving generously of ourselves without counting the costs.

The final sentence in this passage is one of my favorites: "For the measure with which you measure will in return be measured out to you." It is a gentle reminder that I have a choice in how I view others.

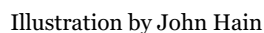
Prayerful Response

O God, you know me and my inmost thoughts; may you find me on the higher path that rejoices in the goodness of others and celebrates their life's triumphs.

O God, you remind us that we are fearfully and wonderfully made. May we choose to live out of this mindset as we navigate the peaks, plateaus, and valleys of our lives.

O God, guide our footsteps as each day unfolds. May our hearts be settled and grounded in you as we seek to be an inclusive and compassionate presence in the world.

O God of beauty and grace, hope and love, enable the best in each of us to be gently poured out upon the earth. Let our imprint and legacy in life be that of gentleness, peace, and joy.



- Reflect upon your way of being in this world. Do you look and move through life with a positive and generous disposition? How might you “measure” your presence with others? If you find yourself wanting in any way, choose one action or thought that you can implement today as you encounter others. (This can also be self-work where you work on adjusting the manner in which you view yourself.)
- If you have time, make your own checklist of ways in which you are a gentle and compassionate presence with others. The more positively you can view yourself, the more positive your presence will be as the day unfolds.

For Prayer

*O God who knit us together in our mother's womb,
may the garment of our lives give testament to our desire
to live where kindness and love prevail.*

*May we continue to widen the spaces of our hearts
to be inclusive, inviting, and welcoming to all.*

*We call upon your Holy Spirit to fan into flame
our deep desire to be a loving presence as we gently enter into this day.*

Amen.

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