

July 14, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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LISTEN AND RESPOND!

By Sr. Jayne Helmlinger, CSJ

Excerpts From Today's Responsorial Psalm and Gospel

Excerpt from Psalm:

Turn from evil and do good, that you may abide forever; for the Lord loves what is right and forsakes not his faithful ones.

PSALM 37:27-28

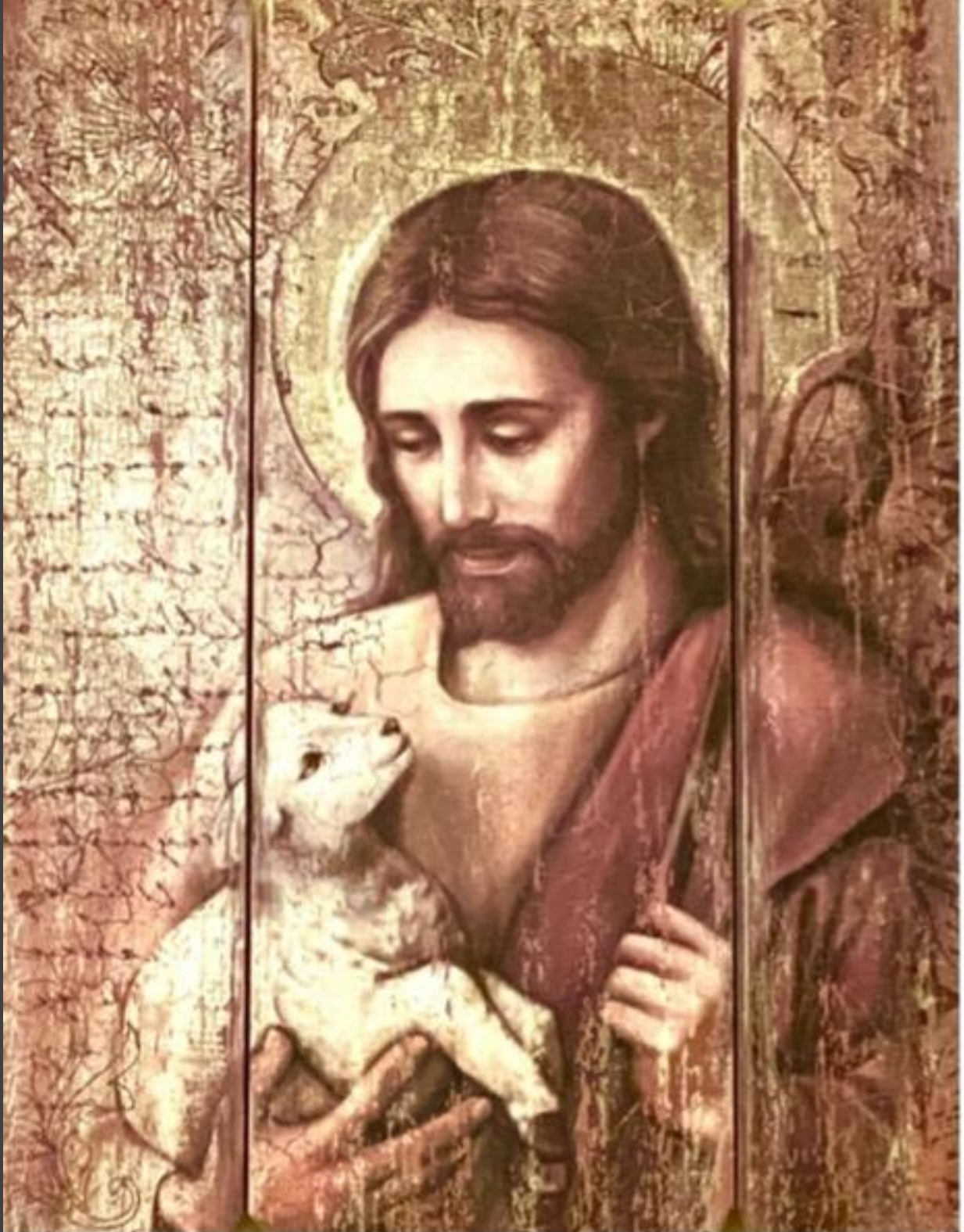
Excerpt from the Gospel:

Jesus said to his Apostles: "Behold, I am sending you like sheep in the midst of wolves; so be shrewd as serpents and simple as doves. But beware of men, for they will hand you over to courts and scourge you in their synagogues, and you will be led before governors and kings for my sake as a witness before them and the pagans. When they hand you over, do not worry about how you are to speak or what you are to say. You will be given at that moment what you are to say. For it will not be you who speak but the Spirit of your Father speaking through you.

Reflection

If you read my reflection from yesterday, this one will be in the same “stream!” Once again, the Gospel message begins with a reminder of our call to go out; to serve our brothers and sisters. As we respond to this call, we are reminded to do so with all our senses attuned to the encounters that await us. Our discipleship is a journey where we experience the goodness and the wretchedness of life. How we respond, no matter the circumstances, attests to our desire to fulfill our baptismal commitment to serve our brothers and sisters.

The sentence that captures my imagination is “you will be given at that moment what you are to say.” In my own life, I’ve found myself in difficult and poignant situations where the “right” or helpful words just seem to flow from me. When this happens, I thank God for sending the Spirit at that moment in time because I want to be an instrument of God’s work. I can recall many times where I’ve prepared for a particularly difficult encounter, and when it plays out in real time, all my preparations are put to the side and the words seem to come from somewhere beyond me. It is after these types of experiences that I make sure to thank God for the gift of his presence and wisdom.



Sidney, OH
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Perhaps you can recall a time in your life where you said the words that were needed during a difficult conversation or experience. Reflect on the mystery and gift of the Spirit's work in your life as you begin this day.
- How do you hear and experience the words, "Behold, I am sending you

like sheep in the midst of wolves; so be shrewd as serpents and simple as doves”? Pray for the grace to embrace the peaks and valleys that might be yours to traverse this day.

For Prayer

*O God of wisdom and grace,
as our day unfolds,
may we be grounded in the knowledge that
You are with us each step of the way.
May we call upon the Spirit
to guide and direct our hearts and minds
as we follow in Your footsteps as pilgrims along the way.
Amen.*

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