

June 14, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

HOLY IS OUR GOD

By Sr. Jayne Helmlinger, CSJ

An Excerpt From Today's Responsorial Psalm

Holy is the Lord our God.

PSALM 99:9

Reflection

When I pray these words, “Holy is the Lord our God,” what naturally comes to mind is a song from 1989 by John Michael Talbot, “Holy is His Name.” If you have this song, play it! It is so soul-moving and exemplifies and brings energy to our psalm response today - *Holy is the Lord our God*.

I chose this picture, taken in early April this year, because of its beauty and simplicity. It shows the early signs of Spring in Sidney, Ohio. Notice how the tree stands apart from all other trees in the area and your eye is naturally

drawn to it. It speaks to me of the oneness and holiness of life. With a little imagination, it is a wonderful image for the love, the holiness that can only be found in God ... our one true focus from which our lives are drawn, directed and led.



Early Signs of Spring in Sidney, Ohio
Photo by Sr. Jayne Helmlinger, CSJ

Holy Is Our God

Holy, O Holy One of all creation
may we stand strong and beautiful as this tree
allowing your Spirit to bring to life
all that wants to burst forth in Your glory.

Holy, O Holy One of all creation,
may the branches of the life within each of us
hold fast to the roots of our faith
nurturing and enabling us to flourish.

Holy, O Holy One of all creation,
may we sing a song of beauty and love
through our daily thoughts, prayers,
deeds, words, and actions.

May each of us be trees of life-giving
shade, warmth, protection, and beauty,
a refreshing oasis for any who are lost
in the storms or deserts of life.

For Pondering

- Holy is the Lord our God. Sit with these words and allow them to settle within you. What are the echoes you hear?
- Do these words from Psalm 99:9 remind you of a prayer, poem, picture, or song? Allow the images or words that come to your mind to nourish you in this moment of prayer and reflection.

For Prayer

*O God of infinite beauty, may your grace be enough for each of us.
We pray that our lives shine forth with the beauty of your Spirit,
inviting those we encounter this day
to join us on a path that leads to You.
Amen.*

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