

July 13, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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RELIANCE AND GENEROSITY

By Sr. Jayne Helmlinger, CSJ

Today's Response to the Psalm and An Excerpt from the Gospel

Response to today's Psalm:

Remember the marvels the Lord has done.

PSALM 105:5

Excerpt from the Gospel:

Jesus said to his Apostles: "As you go, make this proclamation: 'The Kingdom of heaven is at hand.' Cure the sick, raise the dead, cleanse the lepers, drive out demons. Without cost you have received; without cost you are to give.

MATTHEW 10:7-8

Reflection

I purposefully did not include the stanzas to the psalm today because the response speaks directly to us: *remember the marvels the Lord has done*. We are being asked to never forget what Jesus' life, death and resurrection mean for us as his followers. All the stories, parables, and accounts of his ministerial life are sources of inspiration and guidance in our lives today. It is in this remembering that we draw ever closer to Jesus and gain further depth and understanding of who we are to be in this world.

In the Gospel reading from Mathew, we again hear the echoes of remembrance. We have received, without cost, all that it means to be Christians. It is in prayers of gratitude where my heart is moved, and the spirit of generosity flows into and inspires my own ability to freely give to others. It is our reliance on God, moved and motivated by the life of Jesus, that propels us to open wide the doors of our hearts to do as Jesus has shown us.



Spiritual Center of Maria Stein, OH
Photo by Sr. Jayne Helmlinger, CSJ

Reliance and Generosity

O God who has given us his only Son, we pray in deep and lasting gratitude to you. May we never tire of our call to serve one another as Jesus served you.

May we remember and rely on the work of the Spirit in our own lives, that energizes and guides us each day. Let us pray the scriptures daily and allow the wisdom embedded deep within them to galvanize us to serve others.

O God, our reliance on you enables us to do more than we could have ever imagined. Through your Spirit, we continue to live in gratitude each day, seeking to follow in your Son's footsteps in our life and time.

For Pondering

If you were to create a personal psalm based on "remembering the marvels the Lord has done" in your own life, what would it be? If you have the time, write a few stanzas of how Jesus has impacted your life. Make sure to include words and sentences of gratitude.

For Prayer

*With grateful hearts we begin this day eager to experience You,
O God, in all that awaits us.
May we live as people inspired by the life of Jesus,
offering all that that is within our power to give.
Amen.*

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