

August 12, 2023



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

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MUSTARD SEED

By Sr. Jayne Helmlinger, CSJ

Excerpts From Today's Reading and Gospel

Moses said to the people: "Hear, O Israel! The LORD is our God, the LORD alone! Therefore, you shall love the LORD, your God, with all your heart, and with all your soul, and with all your strength. Take to heart these words which I enjoin on you today."

DEUTERONOMY 6:4-6

"Amen, I say to you, if you have faith the size of a mustard seed, you will say to this mountain, 'Move from here to there,' and it will move. Nothing will be impossible for you."

MATTHEW 17:20

Reflection

These two passages from today's readings are powerful and challenging. In Deuteronomy, Moses does not mince words and his message is clear. We cannot be lukewarm in our response to God; our love of God must be complete. It requires of us concerted effort and focus to remain steadfast in our faith commitments.

In Mathew's Gospel, Jesus is asking a challenging question of each of us – is our faith in God real? Do we believe that with God, anything is possible? It is a personal question to each of us because God works through us in ways only God knows. Once again, the question of trusting in God, trusting in our own faith response, is at work here. Do you and I trust in God to work through us? Each of us can do incredible works if we are discerning where the Spirit is leading us and boldly responding in faith to God's call.



Krakow, Poland
Photo by Sr. Jayne Helmlinger, CSJ

For Pondering

- Reflect on both passages from today's readings. What is your own trust level in believing that you are God's instrument in the world today?
- Moses is pleading with his people to love God with every ounce of their

being. How wholeheartedly do you love God? What needs to shift within you to embrace God more fully?

For Prayer

*Loving God,
we pray for the grace to open ourselves to You in the fullness of life.
May we believe that through You,
great works can be accomplished.
Help us remain attentive to the people and needs around us
and may we respond with generosity of heart.
Amen.*

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