



Daily Reflections

JOURNEYING THROUGH CHALLENGING TIMES

Image by Christine Sponchia from Pixabay

THE DESIGN OF HIS HEART

By Sr. Jayne Helmlinger, CSJ

From Today's Responsorial Psalm

Lord, let your mercy be on us, as we place our trust in you.

Give thanks to the LORD on the harp; with the ten-stringed lyre chant his praises. Sing to him a new song; pluck the strings skillfully, with shouts of gladness.

The LORD brings to nought the plans of nations; he foils the designs of peoples. But the plan of the LORD stands forever; the design of his heart, through all generations.

But see, the eyes of the LORD are upon those who fear him, upon those who hope for his kindness, to deliver them from death and preserve them in spite of famine.

PSALM 33:2-3, 10-11, 18-19

Reflection

This is a beautiful psalm of praise and thanksgiving. It is a wonderful reminder for us to pause, pray, and sing our heart-felt love to the one who created us in his image and likeness. The joyful love of the Lord can fill us if we take the time to quiet ourselves and recall the splendor of our God in our lives and in all of creation.

The second stanza reminds us that God's plans may be vastly different from our own. The words "the design of his heart" capture our imaginations if we allow it. What might be the design of God's heart for you this day? This week? This year?



Woman sings with hands upraised
Photo by Topo Sede

Bless Us with Your Mercy

O Blessed One of all creation, we pray this psalm of gratitude to you. May our hearts be open to the designs of your heart and may the joys of life with you settle deep within us.

May our hope in you remain steadfast as the peaks and valleys of life unfold before us. May our plans fall under your guidance, rooted in a desire to fully be what you created in us.

Let us sing a new song with each passing day, seeking the path less traveled, one where our desires and your desires intersect for the betterment of those with whom we work, live, and pray.

For Pondering

- Reflect on the day before you. What might be the designs of God's heart for you this day? If you are reflecting at the close of this day, where did you encounter God's presence, God's design, in your life today?
- How might you bring joy to those you encounter today? If you are reading this in the evening, how might you bring joy tomorrow as your day unfolds?

For Prayer

*We pray for those who don't experience much joy in their lives.
May we be a gentle, joyful reminder to them
that God is present and desires a relationship with all of His creatures.
May we be attentive to the people in our lives today,
a presence that speaks to the peace and gentleness of God.
Amen.*

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