



The Invisible One

I would feel like my presence barely registers.

People talk **around** me, not **to** me.

Decisions happen in rooms I'm not invited into.

I would wonder:

Do they see me as a person, or as a task to manage?

If you find yourself in this space, imagine Jesus in luminous light saying "I am here" would not feel poetic—it would feel necessary.

Because invisibility hurts the soul.

Question: How would you feel if this was your experience?

Gospel Reflection

—from **The Gospel According to Spiritism**

Jesus teaches that **true worth does not come from status, productivity, or recognition**, but from the eternal value of the soul. Throughout the Gospel, He turns His attention toward those society overlooks—the poor, the sick, the forgotten—not to judge them, but to **restore their dignity**.

Jesus shows us that when others fail to see us, **God never does**. Even in moments of silence, exclusion, or invisibility, Christ remains present, strengthening the inner life that no human system can diminish.

Through His teachings, Jesus reminds us that unseen moments can become spaces of inner growth—where patience deepens, humility takes root, and compassion is formed. What feels like being overlooked can quietly become a place where the soul learns to trust God more deeply.

Reflection Questions

Take these gently. There is no need to hurry.

1. When have I felt invisible or unheard in my life or living situation?
 2. How does it feel to remember that Jesus sees me fully, even when others do not?
 3. What emotions arise when decisions are made around me instead of with me?
 4. In what quiet ways might Jesus be present with me right now?
 5. How might this experience be shaping my patience, compassion, or inner strength?
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Living the Gospel, Gently

- In moments of invisibility, pause and remind yourself:
“Jesus sees me.”
- Speak to yourself with the kindness you wish others would offer.
- When possible, respond inwardly with patience rather than resentment—this is how suffering is transformed into growth.
- Trust that **no moment lived with God is wasted**, even when it goes unnoticed by others.

Closing Reflection

Wherever you are living,
Jesus is here.

Closing Affirmation

I am safe in this moment.

I am allowed to be where I am.

Even when my life feels quiet, shared, or uncertain,

I am held in love greater than any circumstance.

I release the belief that I must be seen by everyone to matter.

I remember that I am already known—deeply and completely.

Each breath I take brings calm into my body
and peace into my heart.

I trust that I am guided, even when the path is slow.

Love lives with me here. Hope speaks softly to me here. I am not forgotten.

Today, I choose gentleness with myself.

I choose patience with my journey.

I choose to believe that light is still working in my life.

Wherever I am living,

I am supported.

I am worthy.

I am loved.

And I allow myself to rest in that truth, **because as a child of My Father God, I am Never Alone.**

Closing Prayer:

Jesus,
in the long days and quiet nights, when words are few and strength feels small, remain with us.

When we feel unseen, unheard, or carried along by decisions we did not choose, remind us that You see us fully and hold us gently.

Teach us to rest in Your presence when answers do not come, to trust that our lives still matter even in silence, waiting, or change.

May Your light reach every room we live in—borrowed or familiar, shared or alone. May it warm our hearts, steady our spirits, and remind us that we are never forgotten.

Help us to grow in patience, to soften in compassion, and to walk each day with quiet faith, knowing You are here.

Wherever we are living, whatever we are carrying, stay with us, Lord.

So Be It.