

Week Beginning 8th March 2015 Meet God Halfway

In our journey to wholeness or inner freedom it is often reassuring to realise that God is also busy seeking us. It is not a lonely one-way enterprise. . . I find it immensely consoling to reflect on the truth that, in the midst of our human conflicts, misfortunes and neuroses, are the pathways along which the Spirit of Life, for which we're searching, is also seeking us. . . The truth is more amazing still. Not only does God come halfway to meet us, it is God's own self, in the first place, that moves us to begin the journey. And not only does God inspire us to begin the journey, but it is God who sustains and encourages us as we travel. And not only does God sustain and nourish us as we travel, it is God who carries us when we grow despondent, footsore and weary, finally deciding to give up the quest. And it is God, who then lies down with us on the night before we, with broken hearts and spirits, prepare to stumble back to where we started from. And it is God that very same night, who holds us close to her warm body breathing words of hope and healing into our cold and empty hearts.

'My darling, do you know how much I love you? It is my delight to be looking at you, and to be walking every step of the way with you. Just rest in my arms tonight and tomorrow, when the new light shines, we will continue to dance our way into amazing new adventures.' . . .

Our best theologians agree with our greatest mystics. They tell us that there is nothing we can do to make headway along the path of bliss. Love does it all. The only power we have is to prevent God from loving and saving us. God is the energy and aspiration of our heart and soul. . . The challenge for you in today's reflection is to perceive the divine face in the very thoughts and feelings that cloud your heart just now. You rejoice in God's beauty as the evening sun drops low over the horizon; do you equally praise God when your morning spirits drop low over the day ahead? Can you completely transform the heaviness and meaning of the baggage on your back by accepting it as gift – as key to, and fuel for, your next spiritual mile? Amongst the beautiful secrets that God has revealed to us, this miraculous, life-enhancing alchemy must be the most precious. . . It is usually in disguise that God comes to meet us; and the disguised God often lives at the strangest addresses. Even Christians have trouble believing that God is absolutely everywhere, despite the irrefutable evidence of the incarnation. (*Travelling Light* pp 61,62,63)

Follow-up - If you would like to explore mindful meditation, try this simple daily praxis:

When you sit down today for your quiet time, picture the person who is giving you the most hassle and grief. As you enter into your inner sanctuary, becoming conscious of your breathing and heartbeat, draw an imaginary circle of light around that person's head. With an open, brave and generous heart, let your negative (and maybe justified) feelings fall away. Reflect on the potential benefits this person has brought your way – enabling you to feel the size of your soul, to realise that there is nothing you cannot do when empowered by the Holy Spirit. When you bless this person, when you release them from the grip of your anger, your draining energies are restored for life-giving work. You sense the spiritual freedom that floods your whole being. This is an immense grace. There is probably no higher evidence of our divinity. . . . Your love and courage has opened the first and most difficult door. But remember, it is almost impossible to keep that inner door of forgiveness open without daily meditation. (*Travelling Light* p 64)