

Meditation

23rd November 2021

It is true that we are never too old to learn, or certainly, never too old to sin!

The opposing experiences of weakness and strength caused me to pause and rethink recently. Reflecting, meditating on these themes helped me to begin to understand and accept something of the truth and the effect of them in me and in others, for our faith and our lives.

I had seen events approaching, from a distance. Not for the first time, I coolly anticipated that all would be...fine! I would manage...
Then found I was being sucked into a whirlwind and totally unable to think my way through. All resources gone, or so I thought.
Then reasonably quietened, slowed and respectfully prepared, I prayed.

The Spectator, reviewing C. S. Lewis', *The Problem of Pain*, said it 'Caused many people to revise what had been taken for granted and face possibilities which had not occurred to them'

Richard Rohr wrote: We are addicted to our own habitual way of doing anything, and most especially, our patterned way of thinking. (He called it 'Stinking Thinking'...!)

I had done just that!

He also added; We cannot heal what we do not first acknowledge....

This reminded me of Christ asking the evil spirit in the demon-possessed man ; 'What is your name?' Luke 8:30

I felt overwhelmed. In fact, it was my failure to recognise this foolish independent thinking, that had brought me to this low point.

As I approached the self examination that followed, I encountered feelings of dread and insecurity. A growing sense of having been untrue, not only to commonly held moral views, but as Thomas Merton explains, "'ones inner most truth'"

God's many gifts to us, and all mankind, are principally, forgiveness, love and strength. I prayed.

In admitting and accepting weakness we echo Paul's experience in receipt of God's grace;

'He said to me,"My grace is sufficient for you, for my power is made perfect in weakness"

Therefore, Paul said.... I delight in.. difficulties. For when I am weak, then I am strong' *2Cor. 12: 9,10.*

I wanted – needed, solutions. I received His gracious support in this and so much more besides. I grew in understanding of my shortcomings, as I came in receipt of His grace. The extent of such generous love I could not have imagined.

God provided through His presence, loving words and actions.

The reassurance of His words and the opportunities to see, listen and to absorb all of this, His warmth, closeness and comfort, were like nothing I have experienced before.

In unimaginable difficulties we turn to God's side. He greets us there seeking to restore and strengthen us, through His wonderful and powerful provision of forgiveness and love.

'When I said "My foot is slipping" your love, O Lord, supported me. When anxiety was great within me your consolation brought joy to my soul.'

Ps. 94:18,19.

'...those who hope in the Lord will renew their strength. They will soar like eagles. He gives strength to the weary and increases power to the weak.

Isaiah 40:31

' My flesh and my heart may fail but God is the strength of my heart and my portion forever'

Ps. 73:26

AMEN