

Meditation – God Alone is Enough

‘I am in the Father, and you are in me, and I am in you.’ John 14: v.20

I read again, Christ’s resurrection appearances to his friends and disciples. Their wonder and amazement as Christ met them, as they gathered in groups, to walk and fish. Life had changed so rapidly and tragically. Fearful, full of grief, they came together. In these unexpected circumstances, they did not immediately recognise their beloved Jesus as He came among them. (John: 20, v.19)

Later, they recall: ‘Were not our hearts burning within us?’ (Luke: 24, v 32- 42) ‘They recognised him in the breaking of bread.’ And, ‘He opened their minds so that they may understand the scriptures.’

He came to them. Stood among them. He said: ‘Peace be with you’. They were full of joy and amazement. He loved, reassured them and He opened their minds.

He comes to each one of us. He comes, sometimes unexpectedly, in the words of a song, in a face, in words and nature, through meditation, contemplation. He comes to forgive, guide and counsel.

More than that..... He said: ‘I am in you.’ Thank you, Gracious Lord, for being within us!

Mirabai Starr (translator), said a prayer to St. Teresa of Avila:

‘You lived that beautiful

balance

Between active service

And quiet contemplation.

Teach us to be of use in this

troubled world.

At the same time that we

cultivate

Joyous intimacy

With the Beloved who lives inside us.

St. Teresa’s of Avila’s prayer:

Let nothing disturb you.

Let nothing upset you.

Everything changes.

With patience all things are possible.

Whoever has God lacks nothing.

God alone is enough.