

Weekly Meditation July 28, 2010
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It's Not Our Job

Stop trying so hard to control things. It is not our job to control people, outcomes, circumstances, life. Maybe in the past we couldn't trust and let things happen. But we can now. The way life is unfolding is good. Let it unfold. ~Melody Beattie, "The Language of Letting Go"

Are you sure it's not my job? Are you sure that life doesn't need my help? Are you sure that the way life is unfolding is good?

I am a recovering control freak. I have made some ground, some progress, to the point that I'm loosening my grip on trying to control other people's lives, but I confess that I still try to control anything that might impact my own. Sometimes I call it being proactive, assertive, or prudent but I strongly suspect these are just euphemisms for controlling behavior, for my attempt to choreograph the stage in such a way that I can minimize fear and uncertainty, and create my own version of stability and predictability. Truth is that I have a pretty narrow range in which I feel comfortable. Kind of like the temperature control of my apartment in a Texas summer. Pretty narrow range. Like Goldilocks, I like it not too hot and not too cold.

Very different than trusting that life is unfolding just the way it should. Makes you wonder what would happen if we approached life with curiosity rather than fear? If we relaxed instead of tightening up. If our attitude was one of adventure rather than the safety-seeking kinds of behavior that keep shrinking the world we live in until there isn't any place to stand.

We can trust and let things happen. And because we are so loved by God, Spirit will continue looking for ways to break into our lives, to melt the shields we put up, to dismantle the flimsy props of the stage we mistake for the real world. Let your life unfold. Let your life find its voice.

Prayer: Creator, it makes me nervous to release my sense of control. Help me see that there is no such thing. I never had it in the first place. Ok, show me what you have waiting in wings. Amen.